

Weekly Workout

Complete 3 sets of 10-12 reps per exercise

MONDAY - UPPER BODY

- Bicep Curls
- Tricep Extensions
- Shoulder Press
- Bent-Over Rows
- Lateral Raise

TUESDAY - CARDIO

- 20 Minute Run **or**
- Jump Rope (2 minutes)
- Jump Squats
- Side to Side Jumping Lunges
- Jog in Place w/High Knees

WEDNESDAY - LOWER BODY

- Banded Air Squats
- Sumo Squats
- Straight Leg Deadlifts
- Lunges
- Weighted Hip Bridges

THURSDAY - CARDIO

- 20 Minute Run **or**
- Jumping Jacks
- Mountain Climbers
- Jumping Lunges
- Squat To Front Kick

FRIDAY - FULL BODY

- Burpees
- Pushup Shoulder Taps
- Goblet Squats
- Plank (1 minute)
- Bear Crawl

SATURDAY - HIIT/ABS

- Plank Jacks
- Side Plank With Dip
- Alternating Lunges
- Russian Twists
- Jump Squats

Sunday
Rest Day