

Weekly Workouts

Days 15 - 21

DAY 15 - BACK, BICEPS & QUADS

Warm-up 3-5 minutes

Perform each exercise for 45 seconds

Squats + Bicep Curl

Bent-over Row

Wide Leg Squats

Single Arm Rows

(other side)

Hammer Curls

Skier Squats

Wall Sits

Belly Bird Dog + Row

Repeat 2-4 times

Stretch

DAY 18 - CHEST, TRICEPS & HAMSTRINGS

Warm-up 3-5 minutes

Perform each exercise for 45 seconds

Chest Press

Skull Crushers

Bridges

Bridges - Wide Stance

Bridges - Narrow Stance

Chest Press

Deadlifts

Overhead Extensions

Alt Forward Lunges

Repeat 2-4 times

Stretch

DAY 16 - CORE & CARDIO

Perform each exercise for 45 seconds

Boxer Shuffle

Wood Chop

Plank Jacks

Bicycles

Side Crunches

(other side)

Plank

V-Ups

Iron Crosses

(other side)

Low Back Extensions

Repeat 2-4 times

Stretch

DAY 19 - SHOULDERS & CORE

Warm-up then perform each exercise for 45 seconds

Jog or March

Jumping Jacks

Frontal Raise

Plank

Rear Delt Raise

Iron Crosses

(other side)

Seated Twists w/ Weight

Lateral Raises

Bicycles

Upright Row

Repeat 2-4 times

Stretch

DAY 17 - YOGA

Use video provided or a favorite. If you are familiar with yoga then follow this sequence:

Half Sun Salutations

Walking Down Dog

Cat/Cow

Bird Dog

Sun Salutation A

Side Plank

(other side)

Chair

Sun Salutation B

Savasana

DAY 20 - REST DAY

Today is a rest day...ahhh!

A gentle yoga practice is recommended or simply take the day off.

DAY 21 - MEDITATION

Use the video provided for you or simply sit quietly in a comfortable seated position while focusing on your breath.

Feel free to use a mantra, count your breaths, or just be for as long as you would like.