

Weekly Workouts

Days 8 - 14

DAY 8 - COMBINATION EXERCISES

Warm-up 3-5 minutes

Perform each exercise for 45 seconds

Squats + Bicep Curl
Lunge + Overhead Press
Lateral Lunge + Row
(other side)
Bird Dog + Kickback
(other side)

Chest Press + Bridge
Belly Bird Dog
Repeat 2-4 times
Stretch

DAY 11 - SUPERSETS

Warm-up 3-5 minutes

Perform each exercise for 30 seconds

Chest Press
Skull Crushers
Bridges
Bridges - Wide Stance
Bent-over Row
Hammer Curls

Squats
Alternating Lunges
Lateral Raises
Overhead Presses
Repeat 2-4 times
Stretch

DAY 9 - CORE & CARDIO

Perform each exercise for 45 seconds

Boxer Shuffle
Punches
Wood Chop
Bicycles
Side Crunches
(other side)

Plank
Roll-ups
Leg Lifts
Double Crunches
Repeat 2-4 times
Stretch

DAY 12 - CORE & CARDIO

Perform each exercise for 45 seconds

Jog or March
Skaters
Jumping Jacks
Buttkickers
Mt Climbers
Burpees

Seated Twists w/ Weight
Bicycles
Planks
Belly Bird Dog
Repeat 2-4 times
Stretch

DAY 10 - 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

Warrior I
Sun Salutation A
Chair
Sun Salutation A
Savasana

DAY 13 - REST DAY

Today is a rest day...ahhh!

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

DAY 14 - 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.