

Weekly Workouts

Days 22 - 28

DAY 22 - CHEST, TRICEPS & SHOULDERS

Warm-up 3-5 minutes

Perform each exercise for 30 seconds

Push-ups	Skull Crushers
Kickbacks	Mt Climbers
Jumping Jacks	Sunshine Shoulders
21's	<i>Repeat 2-4 times</i>
Quick Feet	<i>Stretch</i>
Chest Press	

DAY 25 - BACK, BICEPS & CORE

Warm-up 3-5 minutes

Perform each exercise for 45 seconds

Hammer Curls	Plank w/ twist
Single Arm Row (other side)	Bicep Curls
Iron Crosses (other side)	Reverse Fly
Bent-over Row	Upright Bicycles <i>Repeat 2-4 times</i>
	<i>Stretch</i>

DAY 23 - LEG DAY

Perform each exercise for 45 seconds

Squats	Calf Raises
Abduction w/ Tube	Wide Leg Squats
Alternating Lunges	Goblet Squats
Adduction w/ Ball	Single Leg Bridges (other side)
Deadlifts	<i>Repeat 2-4 times</i>
Wall Sits	<i>Stretch</i>

DAY 26 - CARDIO & LEGS

Warm-up then perform each exercise for 30 seconds

Jog	High Knees
Jumping Jacks	Front/Back Touchdowns
Lateral Lunge + Hop	Plank Jacks
Football Touchdowns	Jump Squats <i>Repeat 2-4 times</i>
Buttkickers	<i>Stretch</i>
Lateral Touchdowns	

DAY 24 - YOGA

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

Seated Twists	Chair w/ Twist
Seated Lateral Flexion	Tree Post
Cat/Cow	Airplane
Half Sun Salutations	Down Dog
Sun Salutation A	Reclined Twist
Sun Salutation B	Savasana

DAY 27 - REST DAY

Today is a rest day...ahhh!

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

DAY 28 - 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.