

**THE  
ULTIMATE  
HOME  
WORKOUT**

**12 WEEKS**

|

**WEEKS 1-2**

# WORKOUT SPLIT

MONDAY: FULL BODY

TUESDAY : CARDIO

WEDNESDAY: FULL BODY

THURSDAY : CARDIO

FRIDAY: FULL BODY

SATURDAY: CARDIO

SUNDAY: FULL BODY

# Run Down

LEVEL	REPEAT CIRCUIT
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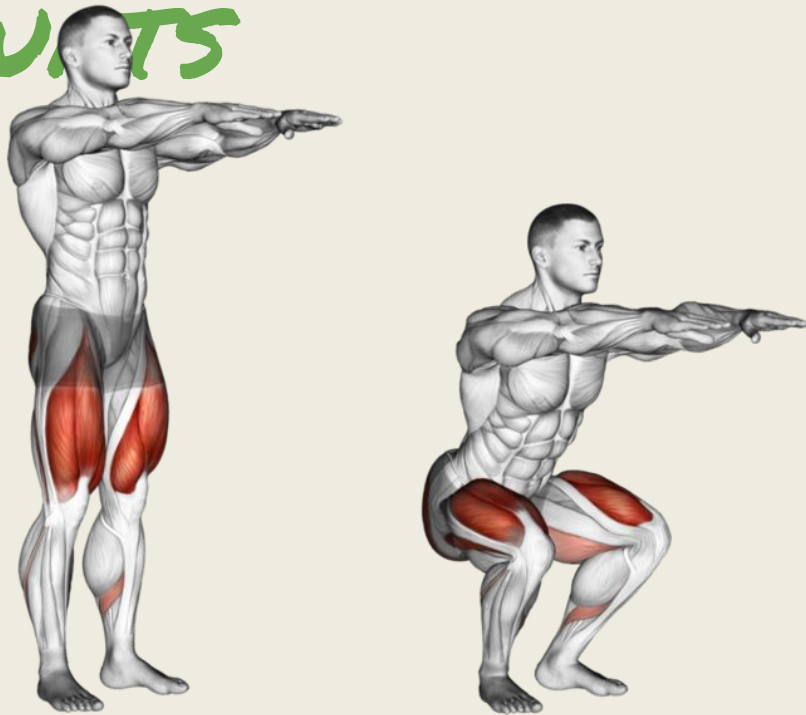
BEGINNER	2 TIMES
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INTERMEDIATE	3-4 TIMES
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ADVANCED	5-6 TIMES
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# FULL BODY

## 1: BODY WEIGHT SQUATS



1. ENGAGE CORE AND INITIATE SQUAT WITH YOUR HIPS SENDING THEM BEHIND YOU. KEEP CHEST UP, BACK FLAT AND EYES LOOKING STRAIGHT.
1. RETURN TO STANDING POSITION

**30 REPS** (OR FAILURE)

# FULL BODY

## 2: SQUAT JUMP

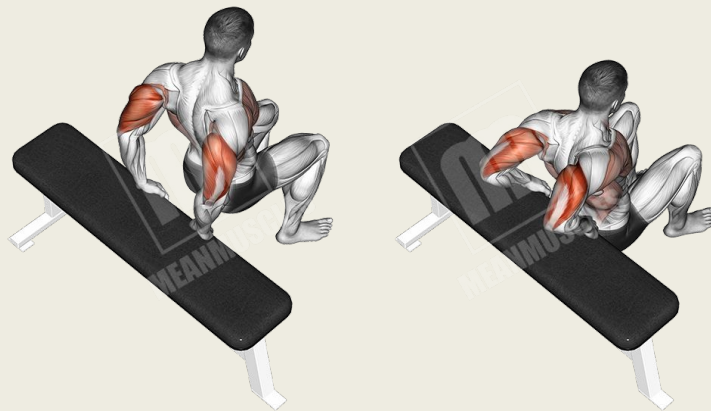


1. STAND WITH FEET HIP WIDTH APART
2. HANDS IN FIST IN FRONT OF CHEST
3. SQUAT UNTIL THIGHS ARE PARALLEL TO FLOOR
4. IMMEDIATELY PRESS THROUGH HEELS AND EXPLODE OUT OF THE BOTTOM OF THE SQUAT AND JUMP AS HIGH AS YOU CAN
5. LAND PROPERLY AND REPEAT

**15 REPS** (OR  
FAILURE)

# FULL BODY

## 3: DIPS



1. STAND FEW INCHES IN FRONT OF CHAIR, COUCH OR OTTOMAN FEET HIP WIDTH APART AND FACING AWAY FROM CHAIR
2. PLACE PALMS ON EDGE OF CHAIR WITH FINGERS POINTED DOWNWARD. REST YOUR WEIGHT ON HANDS
3. WALK FEET OUT
4. GO DOWN USING THE TRICEPS AND UP FOR

**15 REPS** (OR  
FAILURE)

# FULL BODY

## 4: PUSHUPS



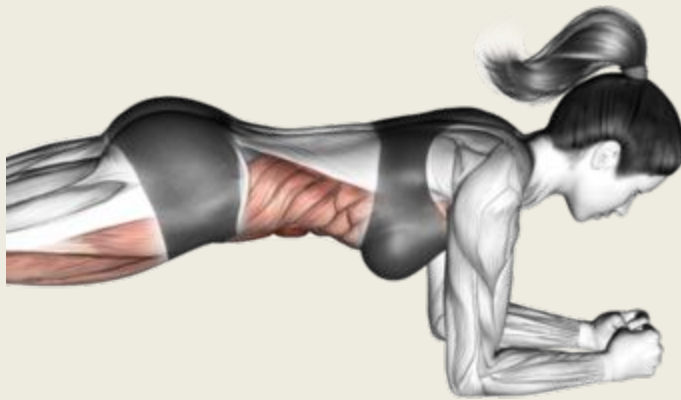
1. PLACE BOTH HANDS WITH PALM FACING DOWN MORE THAN SHOULDER WIDTH APART
2. GO DOWN
3. PUSH UP
4. REPEAT FOR

**15 REPS** (OR  
FAILURE)



# FULL BODY

## 5: PLANK



1. PLANT HANDS DIRECTLY UNDER SHOULDERS LIKE A PUSHUP
2. GROUND TOES INTO FLOOR, SQUEEZE GLUTES.
3. NEUTRALIZE NECK AND SPINE BY LOOKING AT SPOT ON FLOOR ABOUT A FOOT BEYOND YOUR HANDS.
4. HOLD PLANK FOR

**30 SECONDS**

# FULL BODY

## 6: MODIFIED SIT UP



1. LIE FLAT ON FLOOR LIKE YOU ARE ABOUT TO SLEEP WITH YOUR HAND RAISED UP
2. LIFT YOUR LEGS AND LIFT YOUR LOWER BACK LIKE YOUR ABOUT TO DO A SIT UP WITH YOUR HANDS UP
3. GET YOUR HANDS AND FEET CLOSE TOGETHER
4. RETURN TO REST POSITION
5. REPEAT FOR

**8 REPS** (OR  
FAILURE)

# FULL BODY

## 7: CLOSE GRIP **PUSHUPS**



1. PLACE BOTH HANDS WITH PALM FACING DOWN MORE CLOSE LIKE THE FIGURE ABOVE
2. GO DOWN
3. PUSH UP
4. REPEAT FOR

**12 REPS** (OR  
FAILURE)

# Cardio

# Run Down

## LEVEL

### BEGINNER

WORK FOR 30 SECONDS

REST FOR 30 SECONDS

### INTERMEDIATE

WORK FOR 40 SECONDS

REST FOR 20 SECONDS

### ADVANCED

WORK FOR 50 SECONDS

REST FOR 10 SECONDS

# Cardio Run Down

DURATION

DO THE CIRCUIT

4

TIMES

# CARDIO

## 1: POP SQUAT WITH 180 DEGREE TURN

1. PLACE FEET A BIT WIDER THAN HIP WIDTH AND ENGAGE THE CORE
2. DO SMALL HOP IN PLACE, ON SECOND HOP TURN 180 DEGREES SO YOU FACE OPPOSITE SIDE
3. DO ONE MORE SMALL HOP AND IMMEDIATELY DROP INTO A SQUAT BY SENDING YOUR HIPS BACK
4. REPEAT AND CONTINUE FOR DURATION OF TIME INDICATED BY YOUR LEVEL

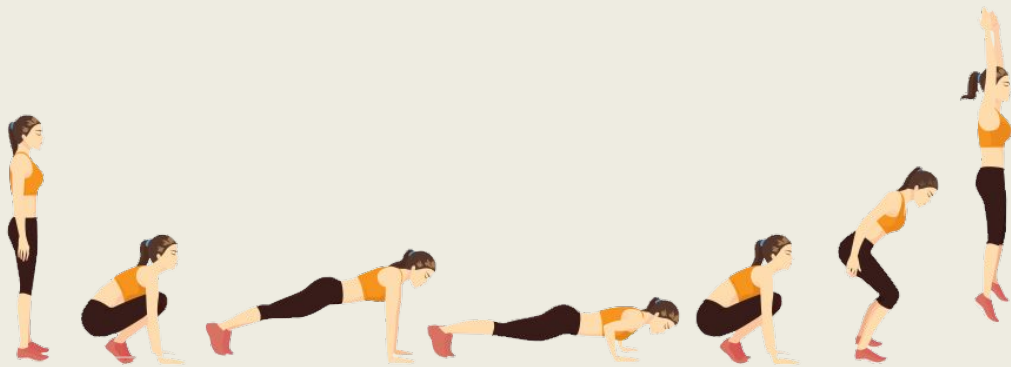
# CARDIO

## 2: JUMPING JACKS

1. DO AS YOU DID WHEN YOU WERE A KID

# CARDIO

## 3: BURPEES





# CARDIO

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4:

**JOGGING IN PLACE OR  
OUTSIDE**

# WEEKS 3-4

# WORKOUT SPLIT

MONDAY: **CARDIO**

TUESDAY : **FULL BODY**

WEDNESDAY: **CARDIO**

THURSDAY : **FULL BODY**

FRIDAY: **CARDIO**

SATURDAY: **FULL BODY**

SUNDAY: **CARDIO**

# Cardio

# Run Down

## LEVEL

### BEGINNER

WORK FOR 1 MINUTE

REST FOR 30 SECONDS

### INTERMEDIATE

WORK FOR 1 MINUTE 30 SECONDS

REST FOR 30 SECONDS

### ADVANCED

WORK FOR 2 MINUTES

REST FOR 30 SECONDS

# Cardio Run Down

DURATION

DO THE CIRCUIT

8

TIMES

# CARDIO

## 1: BOX JUMPS

PLACE A STOOL, CHAIR, OR  
GO INFRONT OF ONE STAIR

1. PLACE FEET A BIT WIDER THAN HIP WIDTH AND ENGAGE THE CORE
2. DO A HOP IN FRONT OF YOUR STOOL/CHAIR/STEP
3. IMMEDIATELY DROP BACK ONTO ORIGINAL FLOOR
4. REPEAT AND CONTINUE FOR DURATION OF TIME INDICATED BY YOUR LEVEL

# CARDIO

## 2: POP SQUAT WITH 180 DEGREE TURN

1. PLACE FEET A BIT WIDER THAN HIP WIDTH AND ENGAGE THE CORE
2. DO SMALL HOP IN PLACE, ON SECOND HOP TURN 180 DEGREES SO YOU FACE OPPOSITE SIDE
3. DO ONE MORE SMALL HOP AND IMMEDIATELY DROP INTO A SQUAT BY SENDING YOUR HIPS BACK
4. REPEAT AND CONTINUE FOR DURATION OF TIME INDICATED BY YOUR LEVEL

# CARDIO

## 3: SPRINTS IN POSITION

1. SPRINT AT SLOW SPEED FOR FIRST 2 ROUNDS
2. SPRINT AT MEDIUM SPEED FOR 3RD AND 4TH ROUND
3. SPRINT AT SLOW SPEED FOR 5TH AND 6TH ROUND
4. SPRINT AT MAX SPEED FOR 7TH AND 8TH ROUND



# Run Down

LEVEL	REPEAT CIRCUIT
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BEGINNER	3 TIMES
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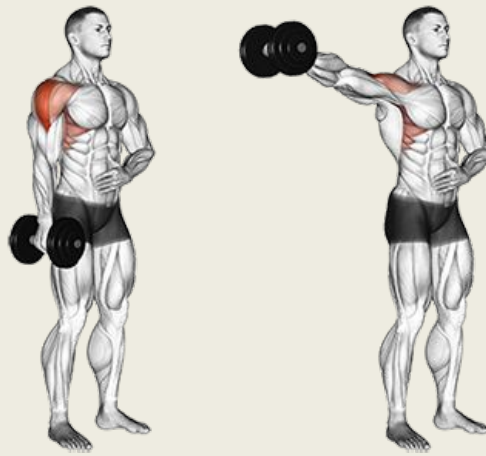
INTERMEDIATE	4-5 TIMES
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ADVANCED	6-7 TIMES
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# FULL BODY

## 1: SIDE LATERAL RAISES

USING BACKPACK



1. USING A BACKPACK FILLED WITH BOOKS (YOU CAN JUDGE HOW HEAVY)
2. HOLDING THE HANDLE OF THE BACKPACK SLOWLY RAISE IT TO YOUR SIDE
3. HOLD THE BACKPACK FOR 1 SECOND AND BRING BACK DOWN TO STARTING POSITION
4. REPEAT FOR
5. SWITCH HANDS AND REPEAT STEPS 1-4

**15 REPS** (OR  
FAILURE) ON BOTH

# FULL BODY

## 2: TRICEP OVERHEAD EXTENSION

USING BACKPACK

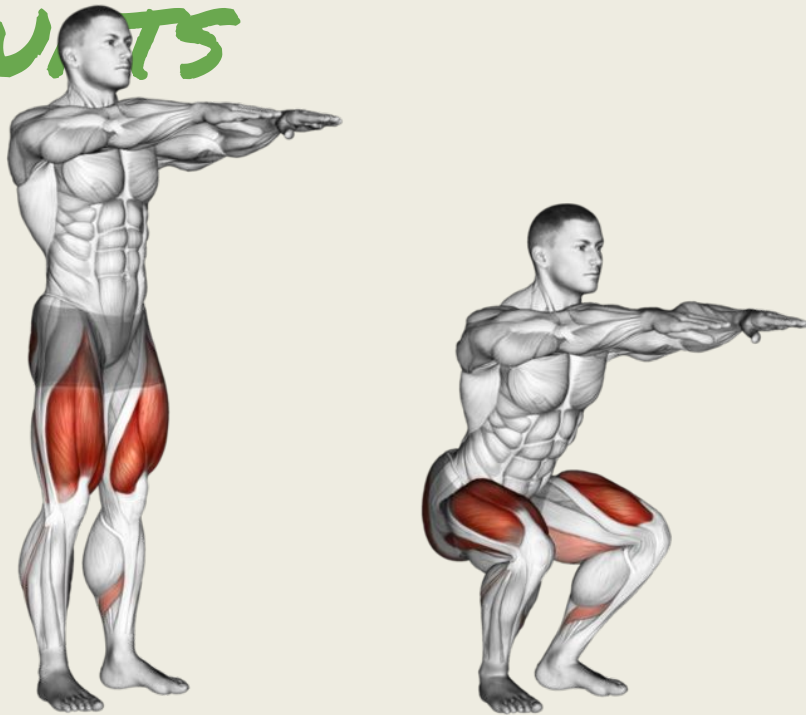


1. USING A BACKPACK FILLED WITH BOOKS (YOU CAN JUDGE HOW HEAVY)
2. HOLDING THE HANDLE OF THE BACKPACK WITH BOTH HANDS, PLACE THE BAG BEHIND YOUR NECK AND BRING ELBOWS TOGETHER AS SEEN ABOVE
3. SLOWLY EXTEND THE BACKPACK, FEELING A SQUEEZE ON THE TRICEPS AND SLOWLY RETURN TO STARTING POSITION
4. REPEAT FOR

**15 REPS** (OR  
FAILURE)

# FULL BODY

## 3: BODY WEIGHT SQUATS



1. ENGAGE CORE AND INITIATE SQUAT WITH YOUR HIPS SENDING THEM BEHIND YOU. KEEP CHEST UP, BACK FLAT AND EYES LOOKING STRAIGHT.
1. RETURN TO STANDING POSITION

**30 REPS** (OR FAILURE)

# FULL BODY

## 4: SQUAT JUMP

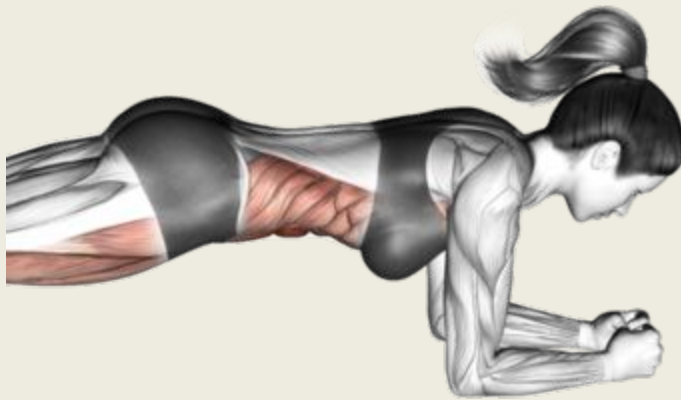


1. STAND WITH FEET HIP WIDTH APART
2. HANDS IN FIST IN FRONT OF CHEST
3. SQUAT UNTIL THIGHS ARE PARALLEL TO FLOOR
4. IMMEDIATELY PRESS THROUGH HEELS AND EXPLODE OUT OF THE BOTTOM OF THE SQUAT AND JUMP AS HIGH AS YOU CAN
5. LAND PROPERLY AND REPEAT

**15 REPS** (OR  
FAILURE)

# FULL BODY

## 5: PLANK



1. PLANT HANDS DIRECTLY UNDER SHOULDERS LIKE A PUSHUP
2. GROUND TOES INTO FLOOR, SQUEEZE GLUTES.
3. NEUTRALIZE NECK AND SPINE BY LOOKING AT SPOT ON FLOOR ABOUT A FOOT BEYOND YOUR HANDS.
4. HOLD PLANK FOR

**30 SECONDS**

# FULL BODY

## 6: PUSHUPS



1. PLACE BOTH HANDS WITH PALM FACING DOWN MORE THAN SHOULDER WIDTH APART
2. GO DOWN
3. PUSH UP
4. REPEAT FOR

**15 REPS** (OR  
FAILURE)

# FULL BODY

## 7: MODIFIED SIT UP



1. LIE FLAT ON FLOOR LIKE YOU ARE ABOUT TO SLEEP WITH YOUR HAND RAISED UP
2. LIFT YOUR LEGS AND LIFT YOUR LOWER BACK LIKE YOUR ABOUT TO DO A SIT UP WITH YOUR HANDS UP
3. GET YOUR HANDS AND FEET CLOSE TOGETHER
4. RETURN TO REST POSITION
5. REPEAT FOR

**8 REPS** (OR  
FAILURE)



# WEEKS 5-6

# WORKOUT SPLIT

MONDAY: **CARDIO**

TUESDAY : **FULL BODY**

WEDNESDAY: **REST**

THURSDAY : **FULL BODY**

FRIDAY: **CARDIO**

SATURDAY: **REST**

SUNDAY: **CARDIO**

# Cardio

# Run Down

## LEVEL

### BEGINNER

WORK FOR 1 MINUTE

REST FOR 30 SECONDS

### INTERMEDIATE

WORK FOR 1 MINUTE 30 SECONDS

REST FOR 30 SECONDS

### ADVANCED

WORK FOR 2 MINUTES

REST FOR 30 SECONDS

# Cardio Run Down

DURATION

DO THE CIRCUIT

**5** TIMES

# CARDIO

## 1: POP SQUAT TO PUSHUP

1. PLACE FEET A BIT WIDER THAN HIP WIDTH AND ENGAGE THE CORE
2. DO SMALL HOP IN PLACE, AND IMMEDIATELY DROP INTO A SQUAT BY SENDING YOUR HIPS BACK
3. AFTER THE HOP, DO A PUSHUP AND RETURN BACK TO STARTING POSITION
4. REPEAT

# CARDIO

## 2: REVERSE BOX JUMPS

PLACE A STOOL, CHAIR, OR  
GO INFRONT OF ONE STAIR

1. PLACE FEET A BIT WIDER THAN HIP WIDTH AND ENGAGE THE CORE
2. DO A HOP WHEN FACING AGAINST YOUR STOOL/CHAIR/STEP
3. IMMEDIATELY DROP BACK ONTO ORIGINAL FLOOR
4. REPEAT AND CONTINUE FOR DURATION OF TIME INDICATED BY YOUR LEVEL

# CARDIO

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## 3: JUMPING JACKS

# Run Down

LEVEL	REPEAT CIRCUIT
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BEGINNER	3 TIMES
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INTERMEDIATE	4 TIMES
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ADVANCED	5 TIMES
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# FULL BODY

## 1): PUSHUPS WITH BACKPACK

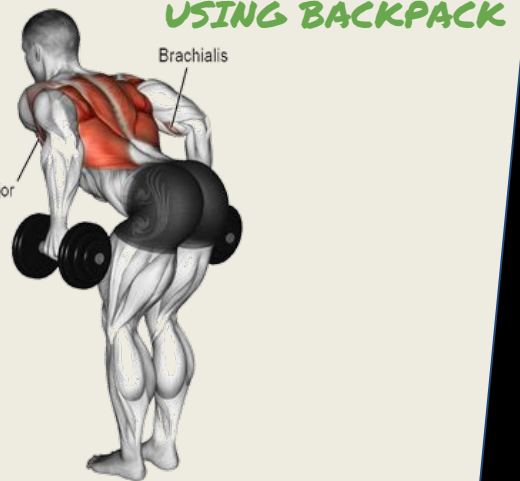


1. PLACE BOTH HANDS WITH PALM FACING DOWN MORE THAN SHOULDER WIDTH APART
2. GO DOWN
3. PUSH UP
4. REPEAT FOR

**10 REPS** (OR  
FAILURE)

# FULL BODY

## 2: ONE ARM ROW

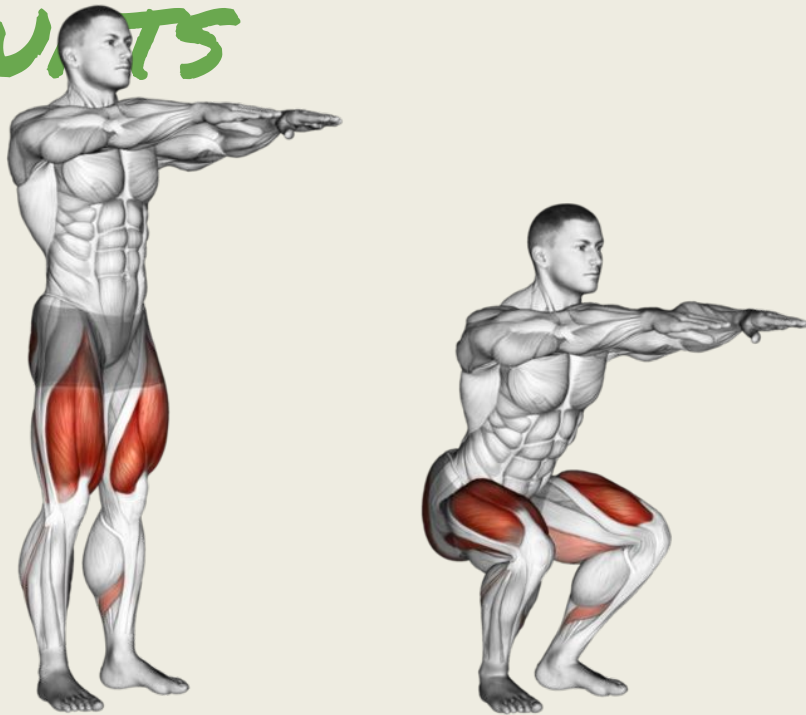


1. USING A BACKPACK FILLED WITH BOOKS (YOU CAN JUDGE HOW HEAVY)
2. HOLDING THE HANDLE OF THE BACKPACK PULL IT WITH ONE ARM AS SHOWN IN PICTURE ABOVE
3. HOLD THE BACKPACK FOR 1 SECOND AND BRING BACK DOWN TO STARTING POSITION
4. REPEAT FOR
5. SWITCH HANDS AND REPEAT STEPS 1-4

**15 REPS** (OR  
FAILURE) ON BOTH

# FULL BODY

## 3: BODY WEIGHT SQUATS



1. ENGAGE CORE AND INITIATE SQUAT WITH YOUR HIPS SENDING THEM BEHIND YOU. KEEP CHEST UP, BACK FLAT AND EYES LOOKING STRAIGHT.
1. RETURN TO STANDING POSITION

**30 REPS** (OR FAILURE)

# FULL BODY

## 4: SQUAT JUMP

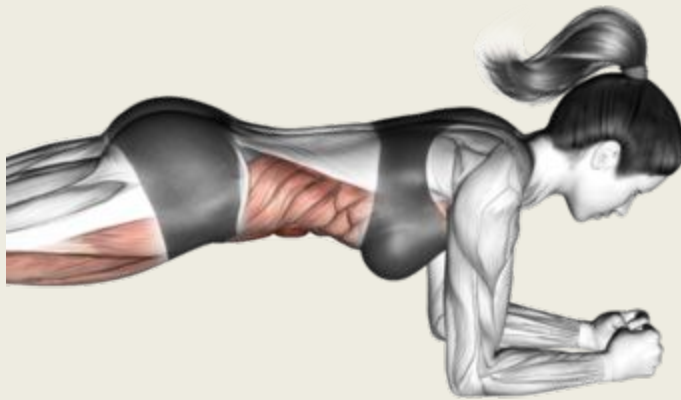


1. STAND WITH FEET HIP WIDTH APART
2. HANDS IN FIST IN FRONT OF CHEST
3. SQUAT UNTIL THIGHS ARE PARALLEL TO FLOOR
4. IMMEDIATELY PRESS THROUGH HEELS AND EXPLODE OUT OF THE BOTTOM OF THE SQUAT AND JUMP AS HIGH AS YOU CAN
5. LAND PROPERLY AND REPEAT

**15 REPS** (OR  
FAILURE)

# FULL BODY

## 5: PLANK



1. PLANT HANDS DIRECTLY UNDER SHOULDERS LIKE A PUSHUP
2. GROUND TOES INTO FLOOR, SQUEEZE GLUTES.
3. NEUTRALIZE NECK AND SPINE BY LOOKING AT SPOT ON FLOOR ABOUT A FOOT BEYOND YOUR HANDS.
4. HOLD PLANK FOR

**30 SECONDS**

**WEEKS 7-8**

# WORKOUT SPLIT

MONDAY: FULL BODY

TUESDAY : REST

WEDNESDAY: FULL BODY

THURSDAY : REST

FRIDAY: FULL BODY

SATURDAY: REST

SUNDAY: FULL BODY

# Run Down

LEVEL	REPEAT CIRCUIT
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BEGINNER	4 TIMES
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INTERMEDIATE	8 TIMES
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ADVANCED	12 TIMES
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# FULL BODY

## 1: CLOSE GRIP **PUSHUPS**



1. PLACE BOTH HANDS WITH PALM FACING DOWN MORE CLOSE LIKE THE FIGURE ABOVE
2. GO DOWN
3. PUSH UP
4. REPEAT FOR

**12 REPS** (OR  
FAILURE)

# FULL BODY

## 2: TRICEP OVERHEAD EXTENSION

USING BACKPACK

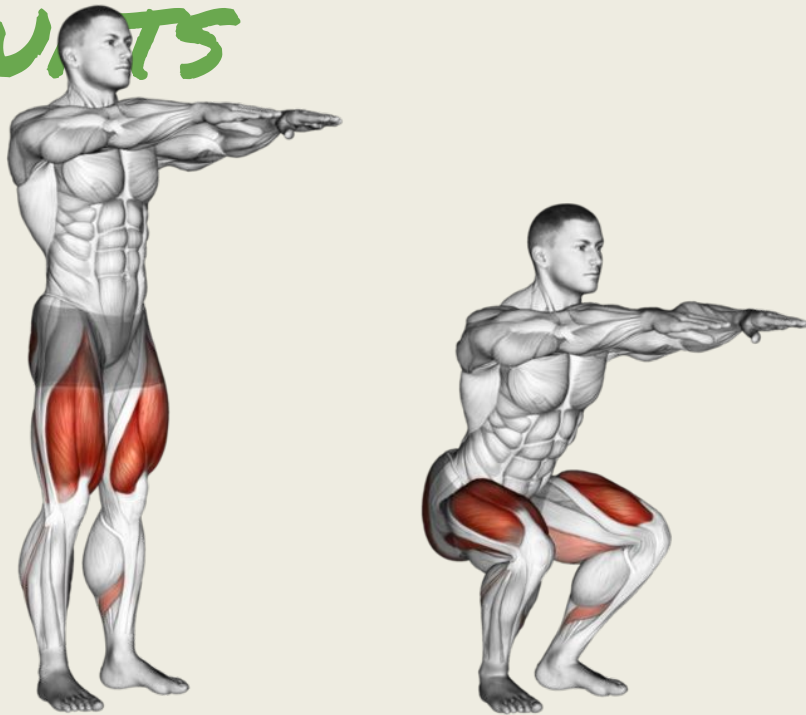


1. USING A BACKPACK FILLED WITH BOOKS (YOU CAN JUDGE HOW HEAVY)
2. HOLDING THE HANDLE OF THE BACKPACK WITH BOTH HANDS, PLACE THE BAG BEHIND YOUR NECK AND BRING ELBOWS TOGETHER AS SEEN ABOVE
3. SLOWLY EXTEND THE BACKPACK, FEELING A SQUEEZE ON THE TRICEPS AND SLOWLY RETURN TO STARTING POSITION
4. REPEAT FOR

**15 REPS** (OR  
FAILURE)

# FULL BODY

## 3: BODY WEIGHT SQUATS



1. ENGAGE CORE AND INITIATE SQUAT WITH YOUR HIPS SENDING THEM BEHIND YOU. KEEP CHEST UP, BACK FLAT AND EYES LOOKING STRAIGHT.
1. RETURN TO STANDING POSITION

**30 REPS** (OR FAILURE)

# FULL BODY

## 4: SQUAT JUMP

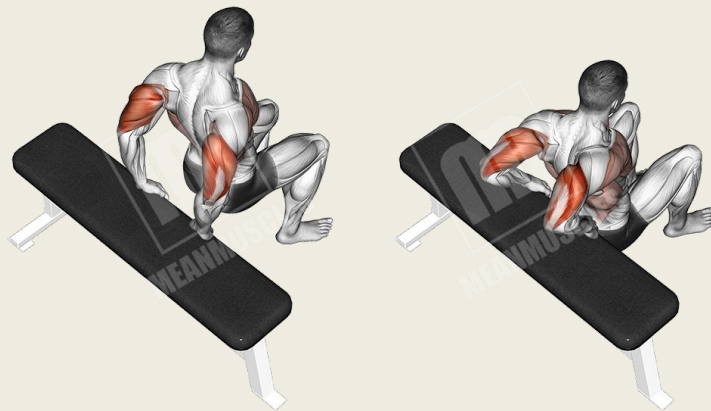


1. STAND WITH FEET HIP WIDTH APART
2. HANDS IN FIST IN FRONT OF CHEST
3. SQUAT UNTIL THIGHS ARE PARALLEL TO FLOOR
4. IMMEDIATELY PRESS THROUGH HEELS AND EXPLODE OUT OF THE BOTTOM OF THE SQUAT AND JUMP AS HIGH AS YOU CAN
5. LAND PROPERLY AND REPEAT

**15 REPS** (OR  
FAILURE)

# FULL BODY

## 5: DIPS

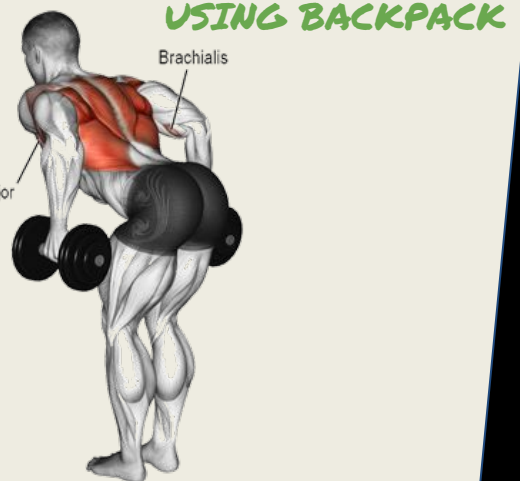


1. STAND FEW INCHES IN FRONT OF CHAIR, COUCH OR OTTOMAN FEET HIP WIDTH APART AND FACING AWAY FROM CHAIR
2. PLACE PALMS ON EDGE OF CHAIR WITH FINGERS POINTED DOWNWARD. REST YOUR WEIGHT ON HANDS
3. WALK FEET OUT
4. GO DOWN USING THE TRICEPS AND UP FOR

**15 REPS** (OR  
FAILURE)

# FULL BODY

## 6: ONE ARM ROW



1. USING A BACKPACK FILLED WITH BOOKS (YOU CAN JUDGE HOW HEAVY)
2. HOLDING THE HANDLE OF THE BACKPACK PULL IT WITH ONE ARM AS SHOWN IN PICTURE ABOVE
3. HOLD THE BACKPACK FOR 1 SECOND AND BRING BACK DOWN TO STARTING POSITION
4. REPEAT FOR
5. SWITCH HANDS AND REPEAT STEPS 1-4

**15 REPS** (OR  
FAILURE) ON BOTH

# WEEKS 9-10

# WORKOUT SPLIT

MONDAY: **CARDIO**

TUESDAY : **CARDIO**

WEDNESDAY: **REST**

THURSDAY : **FULL BODY**

FRIDAY: **REST**

SATURDAY: **FULL BODY**

SUNDAY: **CARDIO**



# Cardio

# Run Down

## LEVEL

### BEGINNER

WORK FOR 1 MINUTE  
REST FOR 30 SECONDS

### INTERMEDIATE

WORK FOR 1 MINUTE 30 SECONDS  
REST FOR 30 SECONDS

### ADVANCED

WORK FOR 2 MINUTES  
REST FOR 30 SECONDS

# Cardio Run Down

DURATION

DO THE CIRCUIT

8

TIMES

# CARDIO

## 1: BOX JUMPS

PLACE A STOOL, CHAIR, OR  
GO INFRONT OF ONE STAIR

1. PLACE FEET A BIT WIDER THAN HIP WIDTH AND ENGAGE THE CORE
2. DO A HOP IN FRONT OF YOUR STOOL/CHAIR/STEP
3. IMMEDIATELY DROP BACK ONTO ORIGINAL FLOOR
4. REPEAT AND CONTINUE FOR DURATION OF TIME INDICATED BY YOUR LEVEL

# CARDIO

## 2: POP SQUAT WITH 180 DEGREE TURN

1. PLACE FEET A BIT WIDER THAN HIP WIDTH AND ENGAGE THE CORE
2. DO SMALL HOP IN PLACE, ON SECOND HOP TURN 180 DEGREES SO YOU FACE OPPOSITE SIDE
3. DO ONE MORE SMALL HOP AND IMMEDIATELY DROP INTO A SQUAT BY SENDING YOUR HIPS BACK
4. REPEAT AND CONTINUE FOR DURATION OF TIME INDICATED BY YOUR LEVEL

# CARDIO

## 3: SPRINTS IN POSITION

1. SPRINT AT SLOW SPEED FOR FIRST 2 ROUNDS
2. SPRINT AT MEDIUM SPEED FOR 3RD AND 4TH ROUND
3. SPRINT AT SLOW SPEED FOR 5TH AND 6TH ROUND
4. SPRINT AT MAX SPEED FOR 7TH AND 8TH ROUND

# Run Down

LEVEL	REPEAT CIRCUIT
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BEGINNER	3 TIMES
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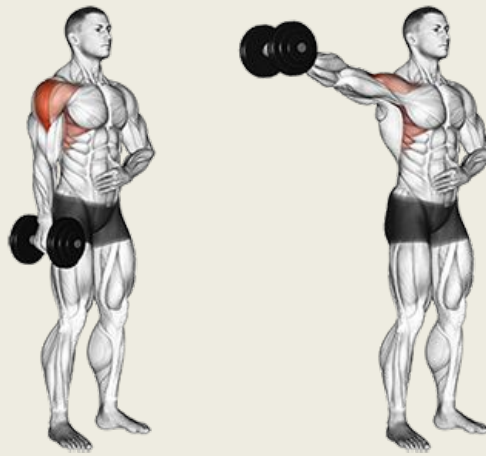
INTERMEDIATE	4-5 TIMES
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ADVANCED	6-7 TIMES
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# FULL BODY

## 1: SIDE LATERAL RAISES

USING BACKPACK



1. USING A BACKPACK FILLED WITH BOOKS (YOU CAN JUDGE HOW HEAVY)
2. HOLDING THE HANDLE OF THE BACKPACK SLOWLY RAISE IT TO YOUR SIDE
3. HOLD THE BACKPACK FOR 1 SECOND AND BRING BACK DOWN TO STARTING POSITION
4. REPEAT FOR
5. SWITCH HANDS AND REPEAT STEPS 1-4

**15 REPS** (OR  
FAILURE) ON BOTH

# FULL BODY

## 2: TRICEP OVERHEAD EXTENSION

USING BACKPACK



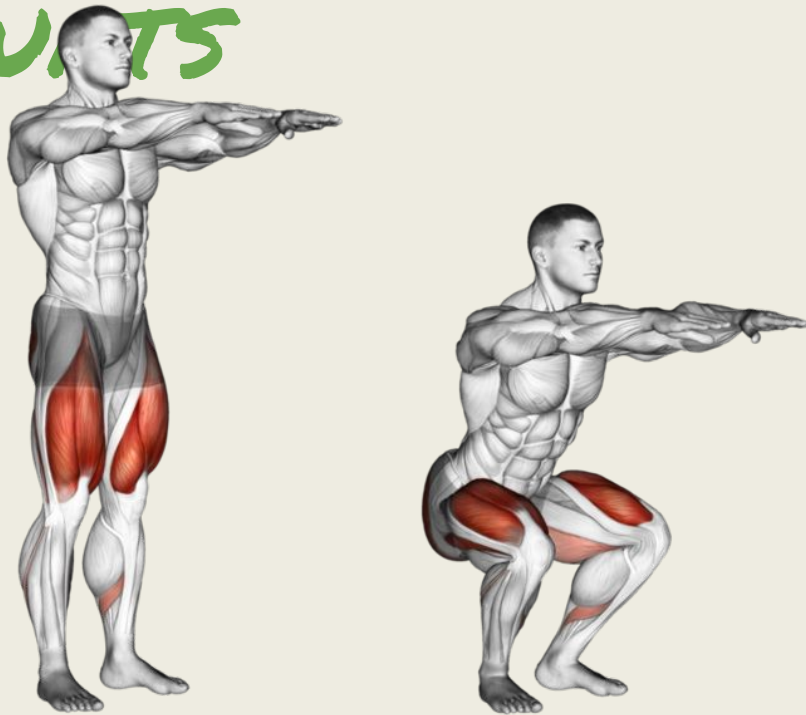
1. USING A BACKPACK FILLED WITH BOOKS (YOU CAN JUDGE HOW HEAVY)
2. HOLDING THE HANDLE OF THE BACKPACK WITH BOTH HANDS, PLACE THE BAG BEHIND YOUR NECK AND BRING ELBOWS TOGETHER AS SEEN ABOVE
3. SLOWLY EXTEND THE BACKPACK, FEELING A SQUEEZE ON THE TRICEPS AND SLOWLY RETURN TO STARTING POSITION
4. REPEAT FOR

**15 REPS** (OR  
FAILURE)



# FULL BODY

## 3: BODY WEIGHT SQUATS



1. ENGAGE CORE AND INITIATE SQUAT WITH YOUR HIPS SENDING THEM BEHIND YOU. KEEP CHEST UP, BACK FLAT AND EYES LOOKING STRAIGHT.
1. RETURN TO STANDING POSITION

**30 REPS** (OR FAILURE)

# FULL BODY

## 4: SQUAT JUMP

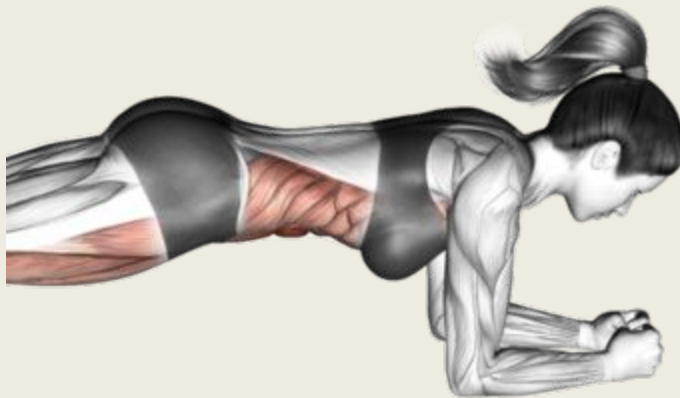


1. STAND WITH FEET HIP WIDTH APART
2. HANDS IN FIST IN FRONT OF CHEST
3. SQUAT UNTIL THIGHS ARE PARALLEL TO FLOOR
4. IMMEDIATELY PRESS THROUGH HEELS AND EXPLODE OUT OF THE BOTTOM OF THE SQUAT AND JUMP AS HIGH AS YOU CAN
5. LAND PROPERLY AND REPEAT

**15 REPS** (OR  
FAILURE)

# FULL BODY

## 5: PLANK



1. PLANT HANDS DIRECTLY UNDER SHOULDERS LIKE A PUSHUP
2. GROUND TOES INTO FLOOR, SQUEEZE GLUTES.
3. NEUTRALIZE NECK AND SPINE BY LOOKING AT SPOT ON FLOOR ABOUT A FOOT BEYOND YOUR HANDS.
4. HOLD PLANK FOR

**30 SECONDS**

# FULL BODY

## 6: PUSHUPS



1. PLACE BOTH HANDS WITH PALM FACING DOWN MORE THAN SHOULDER WIDTH APART
2. GO DOWN
3. PUSH UP
4. REPEAT FOR

**15 REPS** (OR  
FAILURE)

# FULL BODY

## 7: MODIFIED SIT UP



1. LIE FLAT ON FLOOR LIKE YOU ARE ABOUT TO SLEEP WITH YOUR HAND RAISED UP
2. LIFT YOUR LEGS AND LIFT YOUR LOWER BACK LIKE YOUR ABOUT TO DO A SIT UP WITH YOUR HANDS UP
3. GET YOUR HANDS AND FEET CLOSE TOGETHER
4. RETURN TO REST POSITION
5. REPEAT FOR

**8 REPS** (OR  
FAILURE)

**WEEKS 11-12**

# WORKOUT SPLIT

MONDAY: FULL BODY

TUESDAY : CARDIO

WEDNESDAY: FULL BODY

THURSDAY : CARDIO

FRIDAY: FULL BODY

SATURDAY: CARDIO

SUNDAY: FULL BODY

# Run Down

LEVEL	REPEAT CIRCUIT
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BEGINNER	2 TIMES
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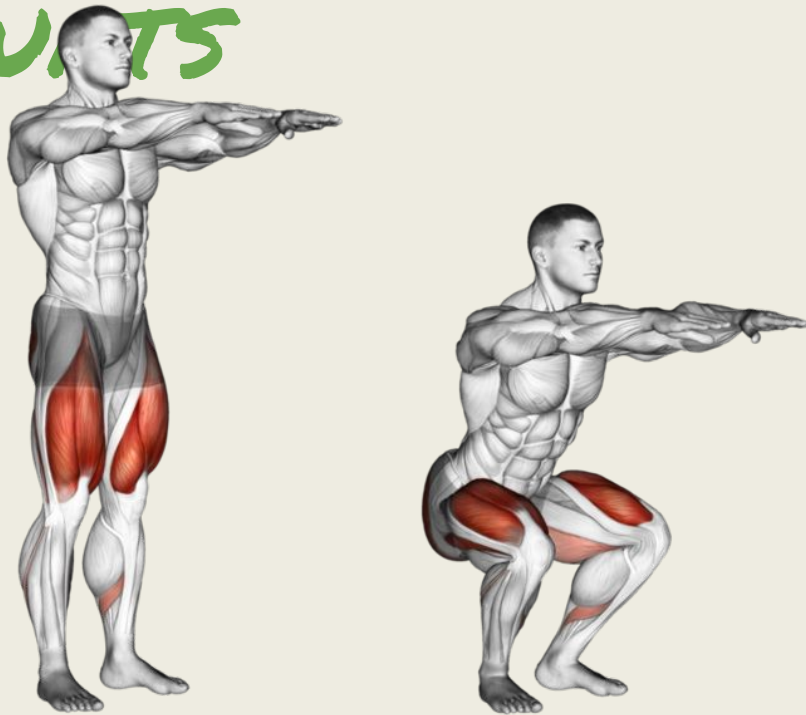
INTERMEDIATE	3-4 TIMES
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ADVANCED	5-6 TIMES
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# FULL BODY

## 1: BODY WEIGHT SQUATS



1. ENGAGE CORE AND INITIATE SQUAT WITH YOUR HIPS SENDING THEM BEHIND YOU. KEEP CHEST UP, BACK FLAT AND EYES LOOKING STRAIGHT.
1. RETURN TO STANDING POSITION

**30 REPS** (OR FAILURE)

# FULL BODY

## 2: SQUAT JUMP

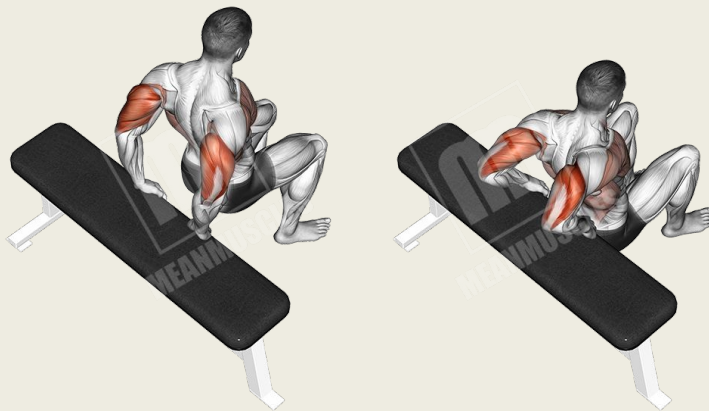


1. STAND WITH FEET HIP WIDTH APART
2. HANDS IN FIST IN FRONT OF CHEST
3. SQUAT UNTIL THIGHS ARE PARALLEL TO FLOOR
4. IMMEDIATELY PRESS THROUGH HEELS AND EXPLODE OUT OF THE BOTTOM OF THE SQUAT AND JUMP AS HIGH AS YOU CAN
5. LAND PROPERLY AND REPEAT

**15 REPS** (OR  
FAILURE)

# FULL BODY

## 3: DIPS



1. STAND FEW INCHES IN FRONT OF CHAIR, COUCH OR OTTOMAN FEET HIP WIDTH APART AND FACING AWAY FROM CHAIR
2. PLACE PALMS ON EDGE OF CHAIR WITH FINGERS POINTED DOWNWARD. REST YOUR WEIGHT ON HANDS
3. WALK FEET OUT
4. GO DOWN USING THE TRICEPS AND UP FOR

**15 REPS** (OR  
FAILURE)

# FULL BODY

## 4: PUSHUPS

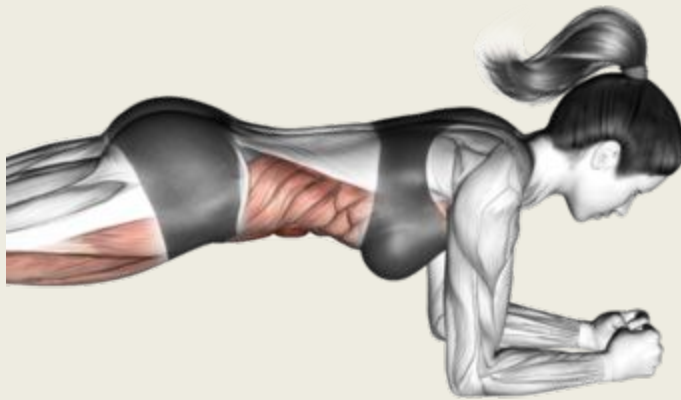


1. PLACE BOTH HANDS WITH PALM FACING DOWN MORE THAN SHOULDER WIDTH APART
2. GO DOWN
3. PUSH UP
4. REPEAT FOR

**15 REPS** (OR  
FAILURE)

# FULL BODY

## 5: PLANK



1. PLANT HANDS DIRECTLY UNDER SHOULDERS LIKE A PUSHUP
2. GROUND TOES INTO FLOOR, SQUEEZE GLUTES.
3. NEUTRALIZE NECK AND SPINE BY LOOKING AT SPOT ON FLOOR ABOUT A FOOT BEYOND YOUR HANDS.
4. HOLD PLANK FOR

**30 SECONDS**

# FULL BODY

## 6: MODIFIED SIT UP



1. LIE FLAT ON FLOOR LIKE YOU ARE ABOUT TO SLEEP WITH YOUR HAND RAISED UP
2. LIFT YOUR LEGS AND LIFT YOUR LOWER BACK LIKE YOUR ABOUT TO DO A SIT UP WITH YOUR HANDS UP
3. GET YOUR HANDS AND FEET CLOSE TOGETHER
4. RETURN TO REST POSITION
5. REPEAT FOR

**8 REPS** (OR  
FAILURE)

# FULL BODY

## 7: CLOSE GRIP **PUSHUPS**



1. PLACE BOTH HANDS WITH PALM FACING DOWN MORE CLOSE LIKE THE FIGURE ABOVE
2. GO DOWN
3. PUSH UP
4. REPEAT FOR

**12 REPS** (OR  
FAILURE)

# Cardio

# Run Down

## LEVEL

### BEGINNER

WORK FOR 30 SECONDS

REST FOR 30 SECONDS

### INTERMEDIATE

WORK FOR 40 SECONDS

REST FOR 20 SECONDS

### ADVANCED

WORK FOR 50 SECONDS

REST FOR 10 SECONDS



# Cardio Run Down

DURATION

DO THE CIRCUIT

4

TIMES

# CARDIO

## 1: POP SQUAT WITH 180 DEGREE TURN

1. PLACE FEET A BIT WIDER THAN HIP WIDTH AND ENGAGE THE CORE
2. DO SMALL HOP IN PLACE, ON SECOND HOP TURN 180 DEGREES SO YOU FACE OPPOSITE SIDE
3. DO ONE MORE SMALL HOP AND IMMEDIATELY DROP INTO A SQUAT BY SENDING YOUR HIPS BACK
4. REPEAT AND CONTINUE FOR DURATION OF TIME INDICATED BY YOUR LEVEL

# CARDIO

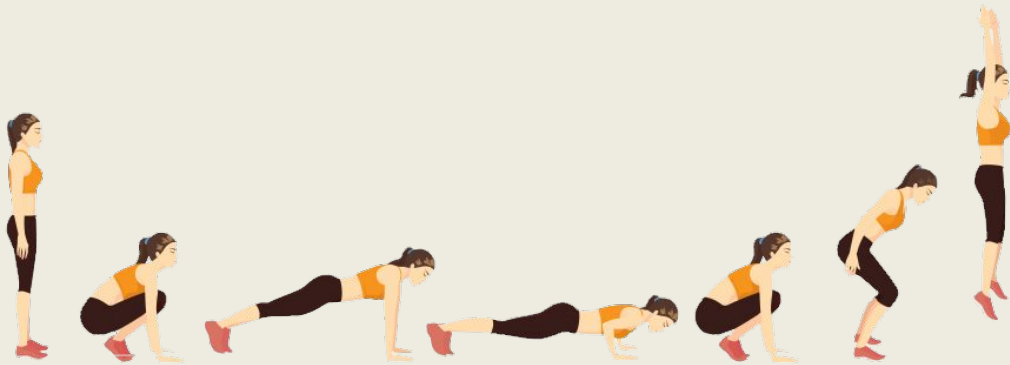
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## 2: JUMPING JACKS

1. DO AS YOU DID WHEN YOU WERE A KID

# CARDIO

## 3: BURPEES



# CARDIO

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4:

**JOGGING IN PLACE OR  
OUTSIDE**

## **DISCLAIMER**

Information in this plan is for educational purposes only. This is not meant to be medical advice and is based on my research and beliefs. If you have had any health condition consult your physician and or doctor to see if these are appropriate for you. This product is for information only and the author does not take any responsibilities for any liabilities and damages with the use of this information.