

<p>Day 1-HIIT</p> <p><u>Weights(15 min)</u> 30 second on each set,15 seconds off each set for 1 round. <u>5 rounds</u> Hang Clean Lunges DB Curls Squat to calf raise</p> <p><u>ABs(10 Minutes)</u> <u>20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3</u> -Crunches -Plank to Elbow/Knee Crunch, -Trunk twist -V-Up - Lateral Crunch L -Lateral Crunch R</p> <p>-Superman 1 Minute</p>	<p>Day 2-Cardio</p> <p>Walk/Jog for 20-30 minutes.</p> <p><u>ABs(10 Minutes)</u> <u>20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3</u> -Mtn. Climbers -Rockers -Sliders -Burpees -Side Crunches L -Side Crunches R</p> <p>-Prone Planks 1 Minute</p>	<p>Day 3 HIIT</p> <p><u>Weights(15 min)</u> 30 second on each set,15 seconds off each is 1 round. <u>5 Rounds</u> Squat Pulses Tricep Kickbacks Jump Lunges DB Fly</p> <p><u>ABS(10 Minutes)</u> <u>20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3</u> -Alternating Single-leg V-Ups -Leg raises -Situps -Crunchy Frogs Standing Side Crunch L Standing side Crunch R</p> <p>-R/L Superman 1 Minute</p>	<p>Day 4- Cardio</p> <p>(Run/Walk Interval) 5-4-3-2-1 minute Run(1 min rest in between each interval run)</p> <p><u>ABS(10 Minutes)</u> <u>20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3</u> -Situps -Superman -Trunk Twist -Sliders -Opposite Arm & Leg raise - Hollow Holds</p> <p>-Scissors 1 Minute</p>	<p>Day 5 HIIT</p> <p><u>Weights(15 min)</u> 30 second on each set,15s off each is 1 round. <u>5 rounds</u> Front Squats Hammer Curls Calf raise to Backwards lunge <u>DB Lateral Circuit</u></p> <p><u>ABS(10 Minutes)</u> <u>20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3</u> -Trunk Twist - Ab Hold -Spiderman Plank Crunch -Bicycle Crunch -Side Plank R 1 Minute -Side Plank L 1 Minute -Supermans 1 Minute 6-inch/scissors/ flutters (20s each)</p>	<p>Day 6 Cardio</p> <p>Walk/Jog for 20-30 Minutes</p> <p><u>ABS(10 Minutes)</u> <u>20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3</u> -The Dead Bug - Reverse Crunch - Leg Raises -Plank Arm Raises -Push up to Lunge -Butterfly Situp</p> <p>- 6 inches 1 Minute</p>	<p>Day 7 HIIT</p> <p><u>Weights(15 min)</u> 30 second on each set,15 seconds off each is 1 round. <u>5 Rounds</u> -Military Press -Goblet Squats -DB Reverse Fly -Leg Press</p> <p><u>ABS(10 Minutes)</u> <u>20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3</u> -Prone Plank to Pike Up -Crunch to V-Up -Slider to Cross Crunch R -Slider to Cross Crunch L -Burpees -Mountain Climbers</p> <p>-Flutters 1 Minute</p>
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<p>Day 8 OFF</p>	<p>Day 9-HIIT</p> <p>Weights(15 min) 30 second on each set,15 seconds off each set for 1 round. 5 rounds Hang Clean Lunges DB Curls Squat to calf raise</p> <p>ABs(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3 -Crunches -Plank to Elbow/Knee Crunch, -Trunk twist -V-Up - Lateral Crunch L -Lateral Crunch R</p> <p>-Superman 1 Minute</p>	<p>Day 10-Cardio</p> <p>Walk/Jog for 20-30 minutes.</p> <p>ABs(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3 -Mtn. Climbers -Rockers -Sliders -Burpees -Side Crunches L -Side Crunches R</p> <p>-Prone Planks 1 Minute</p>	<p>Day11 HIIT</p> <p>Weights(15 min) 30 second on each set,15 seconds off each is 1 round. 5 Rounds Squat Pulses Tricep Kickbacks Jump Lunges DB Fly ABS(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3 -Alternating Single-leg V-Ups -Leg raises -Situps -Crunchy Frogs Standing Side Crunch L Standing side Crunch R</p> <p>-R/L Superman 1 Minute</p>	<p>Day 12- Cardio</p> <p>(Run/Walk Interval) 5-4-3-2-1 minute Run(1 min rest in between each interval run)</p> <p>ABS(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3 -Situps -Superman -Trunk Twist -Sliders -Opposite Arm & Leg raise - Hollow Holds</p> <p>-Scissors 1 Minute</p>	<p>Day 13 HIIT</p> <p>Weights(15 min) 30 second on each set,15s off each is 1 round. 5 rounds Front Squats Hammer Curls Calf raise/Back Lunges DB Lateral Cir ABS(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3 -Trunk Twist - Ab Hold -Spiderman Plank Crunch -Bicycle Crunch -Side Plank R 1 Minute -Side Plank L 1 Minute -Supermans 1 Minute 6-inch/scissors/ flutters (20s each)</p>	<p>Day 14 Cardio</p> <p>Walk/Jog for 20-30 Minutes</p> <p>ABS(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3 -The Dead Bug - Reverse Crunch - Leg Raises -Plank Arm Raises -Push up to Lunge -Butterfly Situp</p> <p>- 6 inches 1 Minute</p>	<p>Day 15 HIIT</p> <p>Weights(15 min) 30 second on each set,15 seconds off each is 1 round. 5 Rounds -Military Press -Goblet Squats -DB Reverse Fly -Leg Press</p> <p>ABS(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3 -Prone Plank to Pike Up -Crunch to V-Up -Slider to Cross Crunch R -Slider to Cross Crunch L -Burpees -Mountain Climbers</p> <p>-Flutter 1 Minute</p>
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CORE

WEEK

<p>Day 16 OFF</p>	<p>Day 17 Cardio</p> <p>30 second on each set,15 seconds off each is 1 round. 5 rounds Burpees Air Squats Push ups High Knees</p> <p>ABs(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3 -Crunches -Plank to Elbow/Knee Crunch, -Trunk twist -V-Up - Lateral Crunch L -Lateral Crunch R</p> <p>-Superman 1 Minute</p>	<p>Day 18-HIIT Weights(15 min)</p> <p>30 second on each set,15 seconds off each is 1 round. 5 Rounds <u>Squat to Dead Lift</u> <u>Kick Back to Reverse Fly</u> <u>Lunge to Calf Raise</u> <u>Curl to Military Press</u></p> <p>ABs(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3 -Mtn. Climbers -Rockers -Sliders -Burpees -Side Crunches L -Side Crunches R -Prone Planks 1 Minute</p>	<p>Day 19 Cardio</p> <p>Interval Run 6-5-4-3-2-1 minute run(1 min rest in between each interval run)</p> <p>ABS(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3 -Alternating Single-leg V-Ups -Leg raises -Situps -Crunchy Frogs Standing Side Crunch L Standing side Crunch R</p> <p>-R/L Superman 1 Minute</p>	<p>Day 20- HIIT Weights(15 min)</p> <p>30 second on each set,15s off each is 1 round. 5 rounds Goblet Squat to Upright Row DB Fly to Wedge Press Lunge to Front Kick Shrugs to Lateral Raises</p> <p>ABS(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3 -Situps -Superman -Trunk Twist -Sliders -Opposite Arm & Leg raise - Hollow Holds</p> <p>-Scissors 1 Minute</p>	<p>Day 21 Cardio</p> <p>30 second on each set,15 seconds off each is 1 round. 5 rounds Jump Squats Burpees Standing Mtn Climber Pushups ABS(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3 -Trunk Twist - Ab Hold -Spiderman Plank Crunch -Bicycle Crunch -Side Plank R 1 Minute -Side Plank L 1 Minute -Supermans 1 Minute 6-inch/scissors/ flutters (20s each)</p>	<p>Day 22 HIIT Weights(15 min)</p> <p>30 second on each set,15s off each is 1 round. 5 Rounds -Lawnmowers to Reverse Fly -Squat to Backwards Lunge -Curl to Military Press Calf Raise/ ABS(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3 -The Dead Bug - Reverse Crunch - Leg Raises -Plank Arm Raises -Push up to Lunge -Butterfly Situp - 6 inches 1 Minute</p>	<p>Day 23 Cardio Weights(15 min)</p> <p>30 second on each set,15 seconds off each is 1 round. 5 Rounds -Military Press -Goblet Squats -DB Reverse Fly -Leg Press</p> <p>ABS(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3 -Prone Plank to Pike Up -Crunch to V-Up -Slider to Cross Crunch R -Slider to Cross Crunch L -Burpees -Mountain Climbers</p> <p>-Flutter 1 Minute</p>
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CORE

WEEK

<p>Day 24</p> <p>OFF</p>	<p>Day 25 Cardio</p> <p>30 second on each set, 15 seconds off each is 1 round.</p> <p>5 rounds</p> <p>Burpees Air Squats Push ups High Knees</p> <p>ABs(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB AB Exercise x 3</p> <ul style="list-style-type: none"> -Crunches -Plank to Elbow/Knee Crunch, -Trunk twist -V-Up - Lateral Crunch L -Lateral Crunch R <p>-Superman 1 Minute</p>	<p>Day 26-HIIT Weights(15 min)</p> <p>30 second on each set, 15 seconds off each is 1 round.</p> <p>5 Rounds</p> <p><u>Squat to Dead Lift</u> <u>Kick Back to Reverse Fly</u> <u>Lunge to Calf Raise</u> <u>Curl to Military Press</u></p> <p>ABs(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3</p> <ul style="list-style-type: none"> -Mtn. Climbers -Rockers -Sliders -Burpees -Side Crunches L -Side Crunches R -Prone Planks <p>1 Minute</p>	<p>Day 27 Cardio</p> <p>Interval Run 6-5-4-3-2-1 minute run(1 min rest in between each interval run)</p> <p>ABS(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3</p> <ul style="list-style-type: none"> -Alternating Single-leg V-Ups -Leg raises -Situps -Crunchy Frogs Standing Side Crunch L Standing side Crunch R <p>-R/L Superman 1 Minute</p>	<p>Day 28- HIIT Weights(15 min)</p> <p>30 second on each set, 15s off each is 1 round.</p> <p>5 rounds</p> <p>Goblet Squat to Upright Row DB Fly to Wedge Press Lunge to Front Kick Shrugs to Lateral Raises</p> <p>ABS(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3</p> <ul style="list-style-type: none"> -Situps -Superman -Trunk Twist -Sliders -Opposite Arm & Leg raise - Hollow Holds <p>-Scissors 1 Minute</p>	<p>Extra Cardio</p> <p>30 second on each set, 15 seconds off each is 1 round.</p> <p>5 rounds</p> <p>Jump Squats Burpees Standing Mtn Climber Pushups</p> <p>ABS(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3</p> <ul style="list-style-type: none"> -Trunk Twist - Ab Hold -Spiderman Plank Crunch -Bicycle Crunch -Side Plank R -Side Plank L -Supermans <p>1 Minute 1 Minute</p> <p>6-inch/scissors/ flutters (20s each)</p>	<p>Extra HIIT Weights(15 min)</p> <p>30 second on each set, 15s off each is 1 round.</p> <p>5 Rounds</p> <p>Lawnmowers to Reverse Fly Squat to Backwards Lunge Curl to Military Press</p> <p>ABS(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3</p> <ul style="list-style-type: none"> -The Dead Bug - Reverse Crunch - Leg Raises -Plank Arm Raises -Push up to Lunge -Butterfly Situp - 6 inches <p>1 Minute</p>	<p>Extra Cardio Weights(15 min)</p> <p>30 second on each set, 15 seconds off each is 1 round.</p> <p>5 Rounds</p> <p>Burpees Air Squats Push ups Lunges</p> <p>ABS(10 Minutes) 20 seconds on each AB Exercise,10 seconds off each AB Exercise x 3</p> <ul style="list-style-type: none"> -Prone Plank to Pike Up -Crunch to V-Up -Slider to Cross Crunch R -Slider to Cross Crunch L -Burpees -Mountain Climbers <p>-Flutter 1 Minute</p>
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