

# WEEKLY WORKOUT PLAN



MON

Upper- Body Strength Training

Bicep curls, x 10  
Shoulder press, x 10  
Tricep kick-backs, x 10  
Upright row, x 10

Repeat 2-3 times

TUES

Lower- Body Strength Training

Lunges (each leg), x 10  
Squats, x 10  
Hip raises, x 10  
Calf raises, x 10

Repeat 2-3 times

WED

Steady Cardio

Biking, walking, or jogging

Repeat for 30 minutes

THUR

HIIT Workout  
Do each move for 45 seconds, with 15 seconds of rest in between

Push-ups  
Jump squats  
Side lunges  
Jumping jacks  
Sit-ups

Repeat circuit 3 times

FRI

Low-Impact Activity

Yoga, swimming, cycling or barre

Repeat for 30-60 minutes

SAT

Abs and Obliques Training

30 second plank hold  
Bicycle crunches, x 10  
Russian twists, x 20  
30 second Superman

Repeat 2-3 times

SUN

Rest or Cardio

Choose to rest and stretch or do your preferred cardio