

# WORKOUT ONE



- 100 | Mountain Climbers
- 90 | Lunges
- 80 | V-Ups  
(Alternating Legs or Both Together)
- 70 | Bicycle Abs (Regular or Straight Leg)
- 60 second Wall Sit
- 50 | Squat Jumps
- 40 | Side -to-Side Planks
- 30 | Monster Jumping Jacks
- 20 | Hand Release Push Ups
- 10 | Burpees

# WORKOUT TWO



## LOWER BODY

*30 seconds each exercise*

- Squats
- Plie Squats
- Standing Side Kicks (keep your knee up)
- Curtsy Lunges
- Squat Jumps
- Wall Sit

*Repeat everything above for 45 seconds, then 60 seconds each*

## UPPER BODY

*1-3 Sets*

- Walkout Push-Ups-- x1, x2, x3, x4, x5

**(Remember to stand all the way up after each set of push-ups)**

- 60 second Superman

**(20 seconds up & down, 20 second hold, 20 seconds up & down)**

- Plank Touch Bench or Couch Alternating Hands

**(45 seconds, do not rock side-to-side)**

# WORKOUT THREE



## COMPLETE 2-3 SETS

- 35 | Stationary Lunges (right leg in front)
- 35 | Monster Jumping Jacks
- 35 | Stationary Lunges (left leg in front)
- 35 | Squat Jumps
- 15 | Hand Release Push-ups
- 30 | Bench Dips (use a chair or couch)
- 15 | Hand Release Push-ups
- 30 second Fire Hydrants (right leg)
- 30 second Kneeling Side-kicks (right leg)
- 30 second Fire Hydrants (left leg)
- 30 second Kneeling Side-kicks (left leg)
- 60 second V-ups (alternating legs)
- 45 second Side Planks for reps (right side)
- 60 second V-ups (alternating legs)
- 45 second Side Planks
- 60 second Squat Thrusts

# WORKOUT FOUR



## LOWER BODY

*30 seconds each exercise*

- Squats
- Plie Squats
- Side Kicks (right leg only)
- Stationary Lunges (right leg in front)
- Squats
- Plie Squats
- Side Kicks (left leg only)
- Stationary Lunges (left leg in front)
- Squat Jumps
- Wall Sit

*Repeat everything above for 45 seconds, then 60 seconds each*

## UPPER BODY

- Lat Pull Overs (hold dumbbell on each end)
- Two-Arm Dumbbell Row
- Jumping Jack Push-Ups

# WORKOUT FIVE



**COMPLETE 2-3 SETS**

**Finish All Exercises and then Back to Top**

- **15 | Handstand or Handstand Push-Ups  
(Against a wall)**
- **15 Each Side | Opposite Leg Arm Lifts**
- **2 minutes Squat Thrusts**
- **2 minutes Plank on Forearms**
- **15 | Handstand or Handstand Push-Ups  
(Against a wall)**
- **15 Each Side | Opposite Leg Arm Lifts**
- **2 minutes Squat Jumps**
- **2 minutes Straight Leg Bicycle Abs**

# WORKOUT SIX



## COMPLETE 1-2 SETS

- 100 | V-Ups, Alternating Legs
- 90 | Lunges
- 80 | Straight Leg Bicycle Abs
- 70 | Mountain Climbers
- 60 second Wall Sit
- 50 | Lunge Jumps
- 40 | Side-to-Side Planks on Forearms  
(Try to tap each hip to the floor)
- 30 | Handstands or Handstand Push-Ups
- 20 | Squat Jumps
- 10 | Hand Release Push-Ups

# WORKOUT SEVEN



**COMPLETE 2-3 SETS**

**Finish All Exercises and then Back to Top**

- **15 | Hand Release Push-Ups**
- **15 Each Side | Opposite Leg Arm Lifts**
- **2 minutes Squat Thrusts**
- **2 minutes Plank on Forearms**
- **15 | Hand Release Push-Ups**
- **15 Each Side | Opposite Leg Arm Lifts**
- **2 minutes Step Ups**
- **2 minutes Straight Leg Bicycle Abs**

# WORKOUT EIGHT



## COMPLETE 1-2 SETS

- 100 | V-Ups, Alternating Legs
- 90 | Back or Curtsy Lunges
- 80 | Straight Leg Bicycle Abs
- 70 | Mountain Climbers
- 60 second Wall Sit
- 50 | Step Ups
- 40 | Side-to-Side Planks on Forearms  
(Try to tap each hip to the floor)
- 30 | Squat Jumps
- 20 | Squat Thrusts
- 10 | Push-Ups



# WORKOUT NINE



**COMPLETE 2-3 SETS PER SECTION/ GROUP OF EXERCISES**  
*Lighter Weights 15-25 reps; Heavier Weights 8-15 reps*

## UPPER BODY - BACK & BICEPS

- Pull-Ups or Band Lat Pull Down
- One-Arm Dumbbell Row
- DB Bicep Curls

## LOWER BODY - QUADS (FRONT OF THIGHS)

- Seated Single Leg, Leg Lifts
- Stationary Lunges
- Squat Pulses

## UPPER BODY - CHEST & TRICEPS

- Hand Release Push-Ups
- DB Chest Fly
- Tricep Kickbacks

## LOWER BODY - HAMSTRINGS & SHOULDERS

- Single Leg Bridges
- Single Leg Deadlifts
- DB Squat & Press

# WORKOUT TEN



- 60 second Stationary Lunges (right leg in front)
- 60 second Stationary Lunges (left leg in front)
- 60 second Wall Sit
  
- 30 second Push-Up to Plank (leading with left)
- 30 second Push-UP to Plank (leading with right)
- 30 second Hold in Down Push-Up Position
  
- 60 second Superman
- 60 second Scapular Squeeze
- 60 second Plank in Push-Up Position
  
- 30 second Heel Touches
- 30 second Leg Raises
- 30 second Double Crunch