

Week 1 Warm up for 5 minutes before you start each workout

Equipment needed - dumbbells or exercise band - exercise ball

Do each circuit twice with 20 reps each & cardio for 3 minutes at a time

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest Day	Side Lunge	Chest Press	1 Hour Cardio	Lunge each leg	Rest Day	1 hour cardio
	Seated Row	Tricep Ext		Hammer curls		
	Jump rope	Jumping Jacks		Mountain Climber		
	Step up	Squats		Low Row		
	Superman	Lat Pull Down		Shoulder press		
	Jump rope	Jumping Jacks		Mountain Climber		
	Plank Twist	45 sec Plank		olique side crunch each side		
	Bent over-shoulder raise	One Leg Squat		Side plank 30 sec each side		
	Jump rope	Jumping Jacks		Mountain climber		
	15 Min Cardio	15 Min Cardio		15 min cardio		
5 minute cool down and stretch after each workout						

Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest Day	Modified push-up	Jumping squats	1 hour cardio	Bicep curl	Rest Day	1 Hour Cardio
	Squats	Tricep kickbacks		Tri-cep ext		
	Jump Rope	Jump Rope		Jump Rope		
	Chest Fly	Superman		Bent over shoulder raise		
	Sumo Squat	1 min plank		Squats		
	Jumping Jacks	Jumping jacks		Jumping Jacks		
	Bench Dip	Back Extension		Shoulder raise		
	Anterior Shoulder raise	Close-grip push-up		Chest press		
	Mountain climber	Mountain climber		Mountain climber		
	15 Minute Cardio	15 minute Cardio		15 minute cardio		

5 Minutes cool down and stretch after each workout