

## **Introduction Week**

3 sets of 10 reps of all exercises this week unless otherwise specified.



### **Monday:**

Run – 1 mile

Yoga Move –Sun Salutation A - 2-Perform 5 times through

Strength:

- 1- Body Weight Squats-45
- 1- Push-Ups-22
  
- 2- Wall Sit (hold for 30 seconds)-47
- 2- DB Chest Press from floor-20
  
- 3- Alternating Forward Lunges49
- 3- Dips on Chair-31
  
- 4- Full Sit Ups-9
- 4- Standing Calf Raises (on step)-56

### **Tuesday:**

Jump Rope – 30 seconds of jumps x 10 sets

Strength:

- 1- One Arm DB Row -19
- 1- Hamstring Plank-43
  
- 2- Bent Over DB Row (neutral grip)-18
- 2- Stiff Leg Deadlift-41
  
- 3- DB Shrugs-26
- 3- DB Bicep Curls (alternating)-35
  
- 4- DB Side Bends (obliques)-13

### **Wednesday:**

Run 1 mile

Yoga Move: Sun Salutation A- 2– Perform 5 times through

Strength:

- 1- Push Ups-22
- 1- Wide Stance Squats (prisoner hand position)-46
  
- 2- DB Shoulder Press (standing)-25
- 2- Alternating Reverse Lunges-50
  
- 3- Overhead DB Tricep Extensions-32
- 3- Step Ups onto chair/coffee table (10 steps per leg)-48
  
- 4- Straight Leg Lifts-8
- 4- Standing Calf Raises-56

### **Thursday:**

Jump Rope: 30 seconds of jumps x 10 sets

Strength:

- 1- Bent Over DB Row (overhand, elbows up and out)-18
- 1- Hamstring Plank-43
  
- 2- DB Upright Rows (narrow grip)-28
- 2- Stiff Leg Deadlifts-41
  
- 3- DB Hammer Curls-37
- 3- Rear Delt Spread (no weight)-27
  
- 4- Stationary Side Plank (hold for 20 seconds per side)-7

## **Friday:**

Run 1 mile

Yoga Move: Sun Salutation A -2- Perform 5 times through

Strength:

1- Push Ups-22

1- Squats-45

2- Hand Walk (10 times to each side)-23

2- Stationary Lunges-51

3- DB Clean and Press (one arm)-60

3- One DB Skull Crusher from floor-33

4- Front Plank (hold for 30 seconds)-5

4- Standing Calf Raises-56

## **Saturday:**

Jump Rope: 30 seconds of jumps x 10 sets

Strength:

1- One Arm DB Row-19

1- Stiff Leg Deadlifts-41

2- Bent Over DB Row (twisting grip)-18

2- Hamstring Planks-43

3- DB Shrugs-26

3- Alternating DB Bicep Curls-35

4- DB Side Bends-13

## **Sunday:**

Yoga Class #1