

MONDAY - WEEK 2

HIIT / Interval workout

Warm up 2-5 minutes before beginning. Stretch
2-5 minutes at the end of the workout

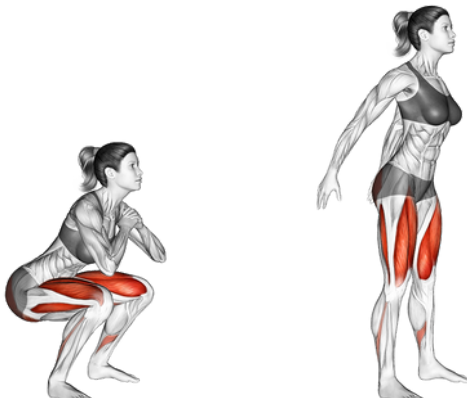
Want to do a workout video
instead? Click the play
button and do it with Val!



WORKOUT DEMOS



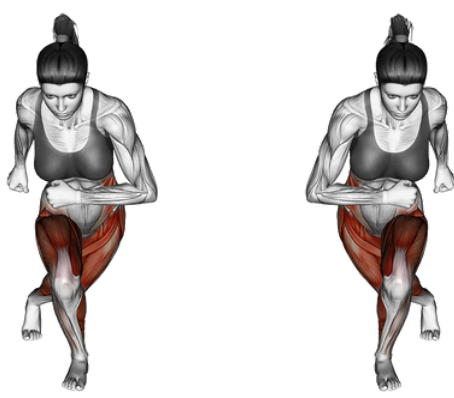
STEP BACK PULL DOWN



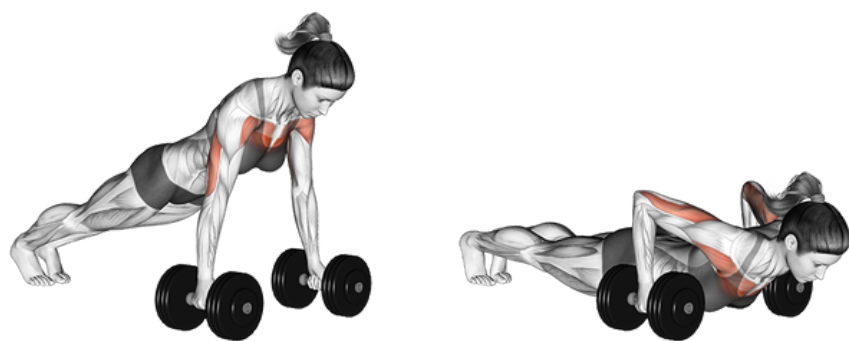
AIR SQUAT



FAST FEET
(LIKE FOOTBALL)



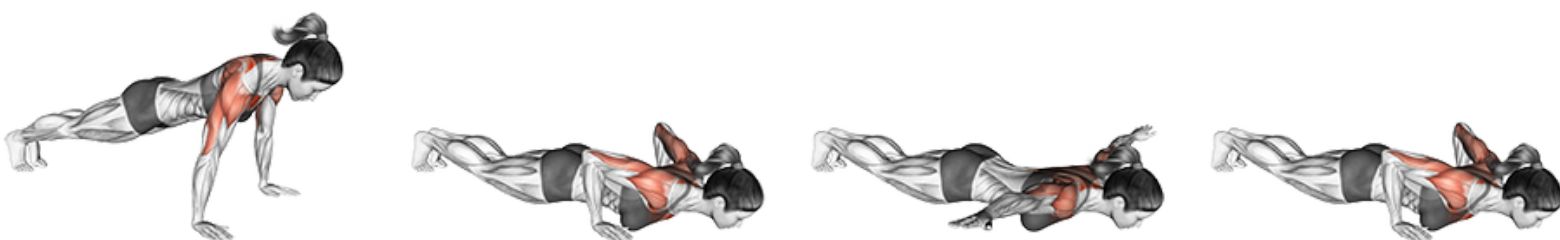
SKATERS



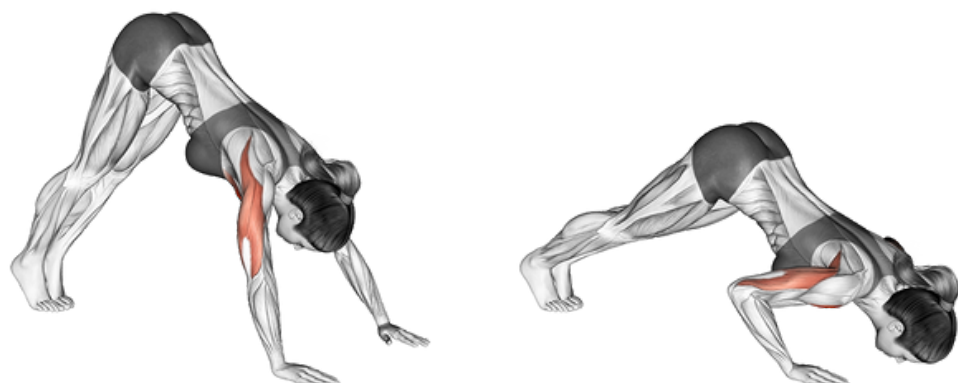
DB PUSH UPS



HAND RELEASE PUSH UP



T PUSH UP



PIKE PUSH UP

WORKOUT

Round 1: 20 sec ea. (2x)

Step back pull down
Air squat
Quick Feet
Air Squats
Skaters
Air Squats

Round 2: 20 sec ea. (2x)

DB Push up
rest 20 sec
Pike Push Up
rest 20 sec
Push up + T
rest 20 sec
Hand Release push up

Follow with: 10 Min light cardio in fat burning HR range

(Fat burning HR = 60-70% of 220 - age. That is your personal range)

During the HIIT section you are depleting the glycogen. Once glycogen is depleted, our bodies are able to burn stored fat.
By adding light cardio in the FB HR zone, you make the HIIT section more effective.

TUESDAY - WEEK 2

HIIT / Interval workout

Warm up 2-5 minutes before beginning. Stretch 2-5 minutes at the end of the workout

INTERVAL CARDIO



INSTRUCTIONS

Use a bike as your first choice, but if you don't have one, any cardio equipment or sprints outside works!
For the "on" go full out and use medium to high resistance if you are using a cardio machine. On the "off/slower" slow down but don't stop.

8x : 20 seconds on / 40 seconds slower

90 sec slow down / slower

7x: 20 seconds on / 30 seconds slower

90 sec slow down

6x: 20 sec on / 20 sec slower

90 sec slow down

15-20 minutes fat burning cardio

(Fat burning HR = 60-70% of 220 - age. That is your personal range)

During the HIIT section you are depleting the glycogen. Once glycogen is depleted, our bodies are able to burn stored fat. By adding light cardio in the FB HR zone, you make the HIIT section more effective.

WEDNESDAY - WEEK 2

Full Body

Want to do a workout video instead? Click the play button and do it with Val!



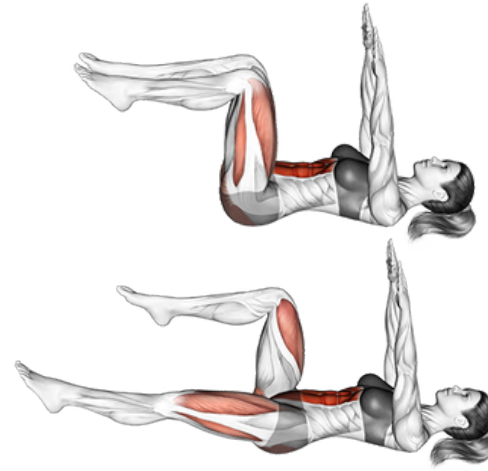
WORKOUT DEMOS



BIRD DOG



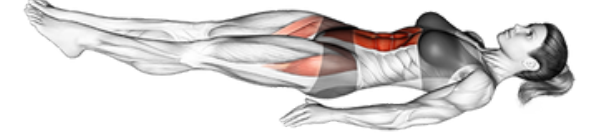
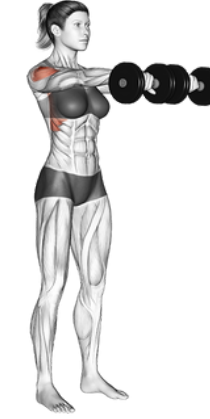
CROSS JACK



DEAD BUG



FRONT RAISE



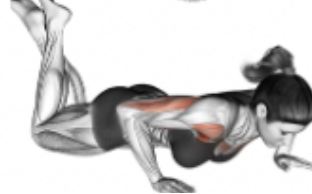
REVERSE CRUNCH



SUMO SQUAT



MOD PUSH UPS



WEIGHTED RUSSIAN TWIST



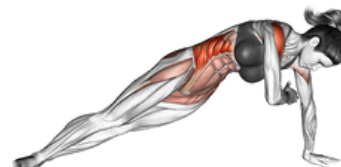
UPRIGHT ROW



DEADLIFT



SIDE PLANK ROTATIONS



SEATED OVERHEAD PRESS



WORKOUT

Activation round: 1x

Bird Dogs - 18 reps

Cross Jack - 10 reps

Dead Bug - 18 reps

AMRAP 1 - 7 Minutes

Do as many rounds as possible in 7 minutes)

Push Ups - 10 reps

Front Raise - 10 reps

Reverse Crunch - 10 reps

Sumo Squat - 10 reps

Upright Row - 10 reps

AMRAP 2 - 7 Minutes

(Do as many rounds as possible in 7 minutes)

Weighted Russian Twist - 20 reps

Deadlift - 10 reps

Seated overhead press - 8 reps

Side plank rotation (left) - 8 reps

Side plank rotation (right) - 8 reps

Metabolic Boost Round - Coming week 4

*If you want to push yourself a little more, repeat AMRAP 1 and 2

FRIDAY - WEEK 2

Upper Body

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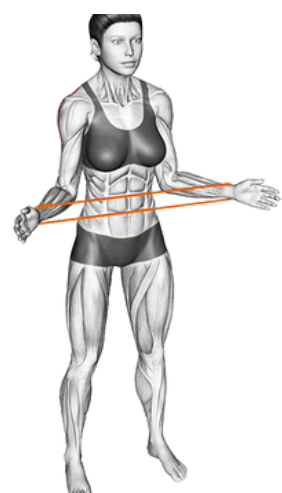
EXERCISE DEMOS



BIRD DOG



PULL APART



UPRIGHT ROW



OVERHEAD PRESS



CHEST PRESS



REVERSE FLY



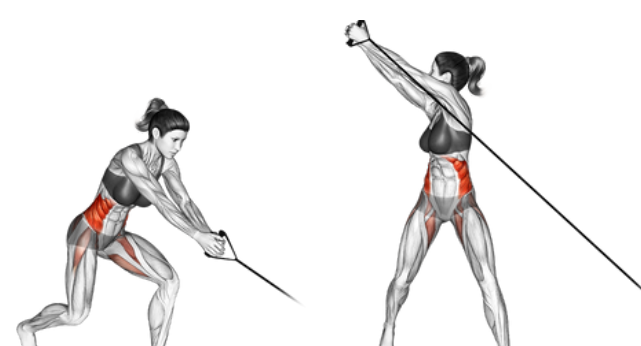
BENT OVER ROW



WINDMILLS



SINGLE ARM CHEST PRESS



WOOD CHOP



ASSISTED PULL UP

UPPER BODY WORKOUT

Activation Round: 2x / 30 sec each.

Bird Dog
Windmills

#1 Chest Round - 3x

Chest press - 8
Single Chest Press (L) - 8
Single Chest Press (R) - 8
Chest Press - 8
Rest - 60-90 seconds

#2 Back Round - 3x

Bent Over Row - 10 reps
Reverse Fly - 10
Rest- 90 seconds

#3 Shoulder round: 3x

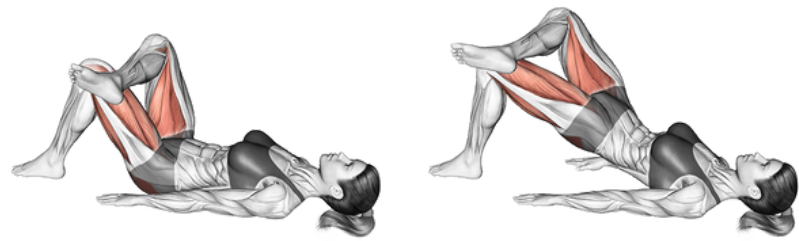
Upright Row 10 reps
Overhead Press - 10 reps
Rest- 90 seconds

#4 Lat Set - 3x / 30 seconds each.

Pull Apart
Assisted Pull ups (push up)
Wood Chops (L)
Wood Chop (R)
Rest - 60 seconds



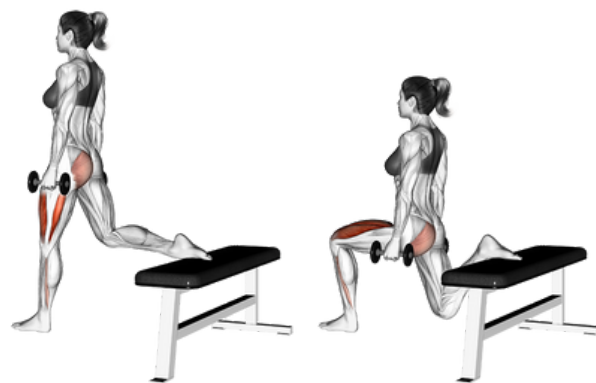
EXERCISE DEMOS



Single leg hip raises



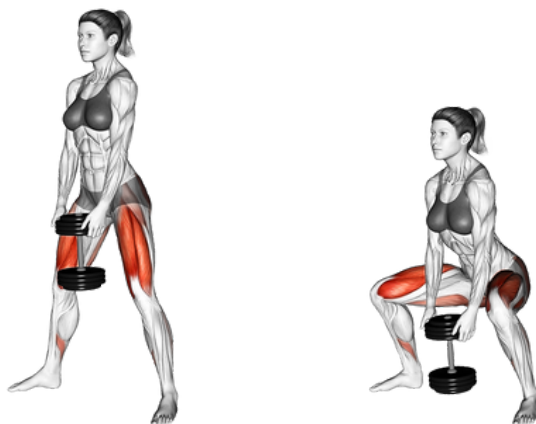
Alt side lunges



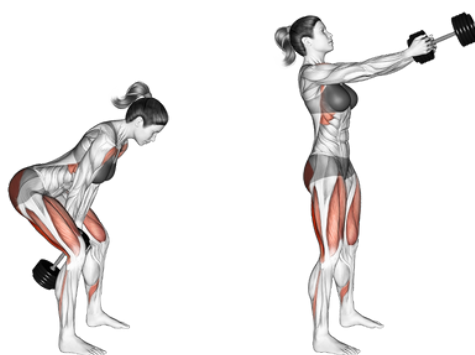
Bulgarian Split Squat



Hip raises



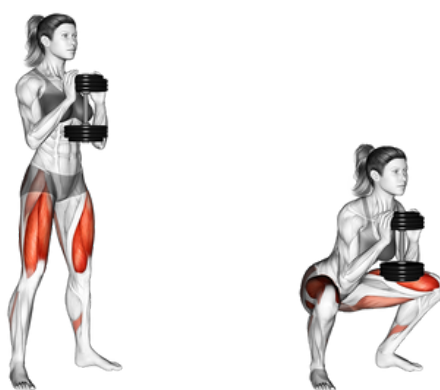
Sumo Squat



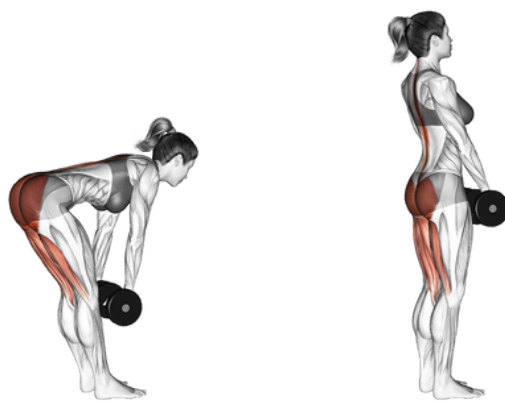
KB or DB Swing



Clamshells



Goblet squat



Deadlift

LEG DAY WORKOUT

Activation Round: 2x
30 seconds each

- Hip raises
- Single leg hip raise (l)
- Single leg hip raise (R)

Round 1: 3x
30 seconds each

- Goblet squat
- Hip Raises
- Bulgarian Split Squat (L)
- Bulgarian Split Squat (R)
- Rest- 90 seconds

Round 2: 3x
30 seconds each

- Sumo Squat
- Deadlift
- Alt Side lunges
- KB or DB Swings
- Rest- 90 seconds