

# MONDAY - WEEK 4

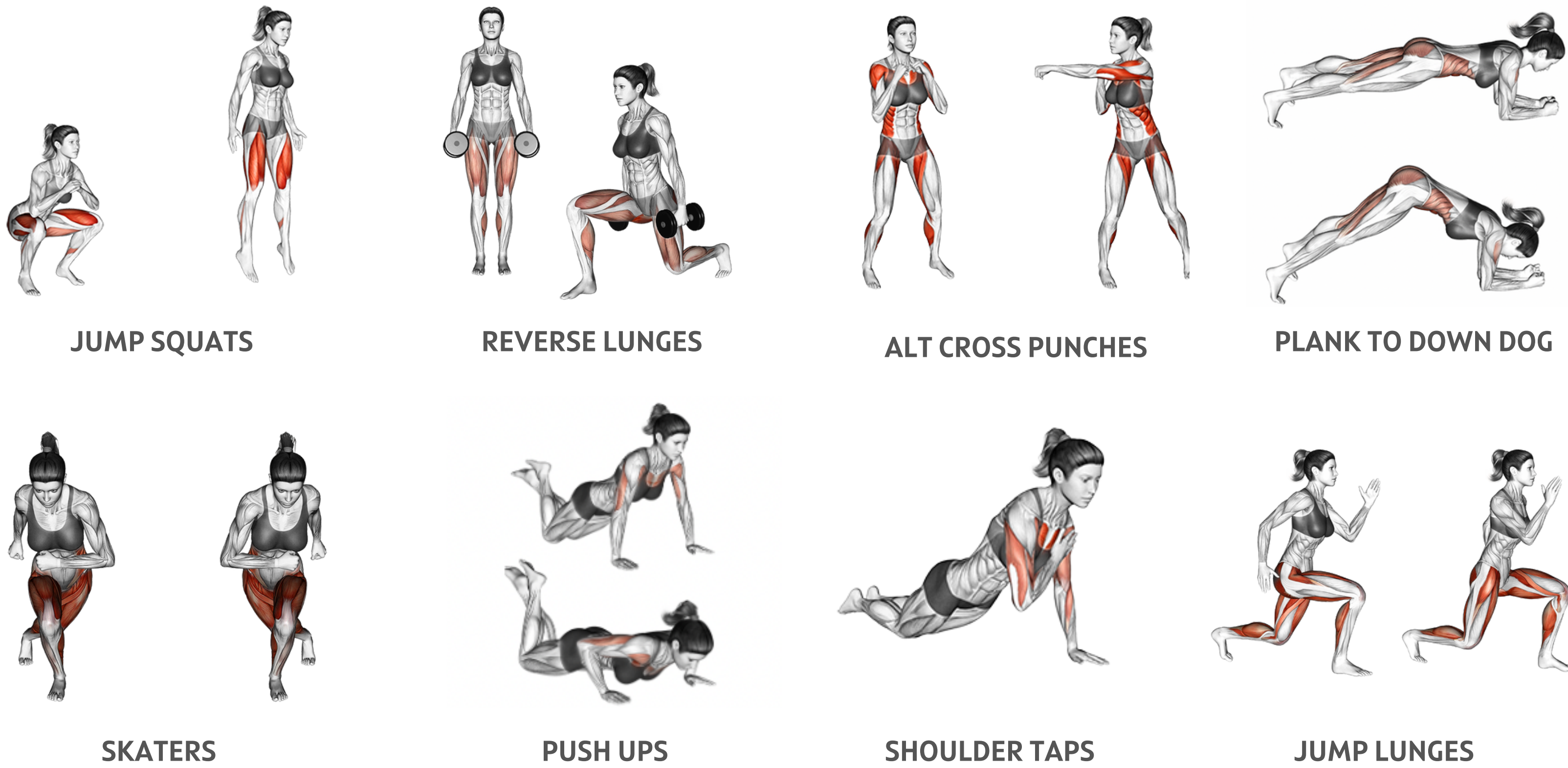
## HIIT / Interval workout

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



### WORKOUT

For this workout, you will complete each round separately, and only do once. Each round starts with 5 minutes of cardio. You can do that cardio however you wish. Once you finish the 5 minutes, start the HIIT section for the round you are on. Advance clients can do each round twice for a longer workout.

#### Round 1

##### Cardio:

Do 5 minutes on the bike, walk or a light run.

##### HIIT: 20 sec on / 10 sec off repeat 3x

- Jump squats
- Reverse lunges
- Alt Cross Punches
- Plank to Down Dog

#### Round 2

##### Cardio:

Do 5 minutes on the bike, walk or a light run.

##### HIIT: 20 sec on/ 10 sec off repeat 3x

- Skaters
- Push Ups
- Shoulder taps
- Jump lunges

#### 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 4

## 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" slow down but don't stop.

- 15 seconds
- Rest
- 30 seconds
- Rest
- 45 seconds
- Rest
- 60 seconds
- Rest
- 45 seconds
- Rest
- 30 seconds
- Rest
- 15 seconds

Rest to lower HR before starting again

Do as many rounds as you can in 17 minutes

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### 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.



# WEDNESDAY - WEEK 4

Full Body

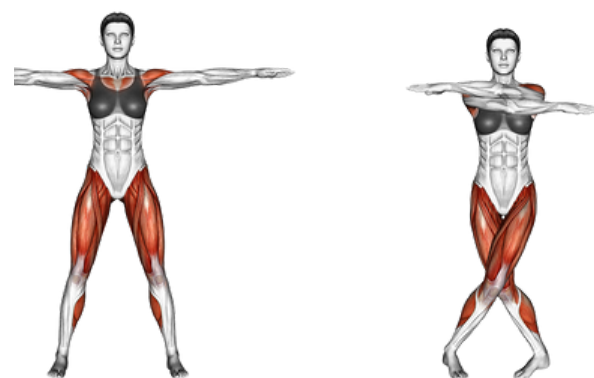
Want to do a workout video instead? Click the play button and do it with Val!



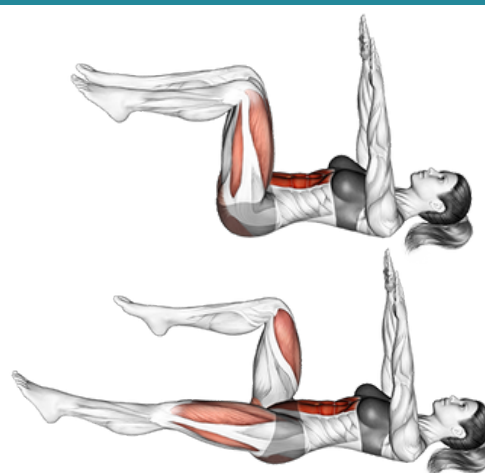
## WORKOUT DEMOS



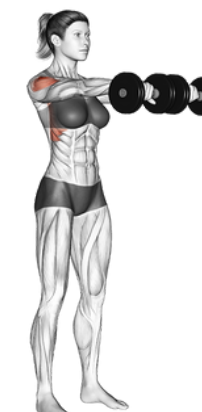
BIRD DOG



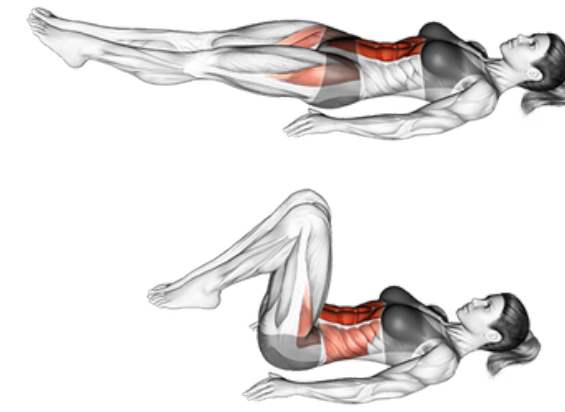
CROSS JACK



DEAD BUG



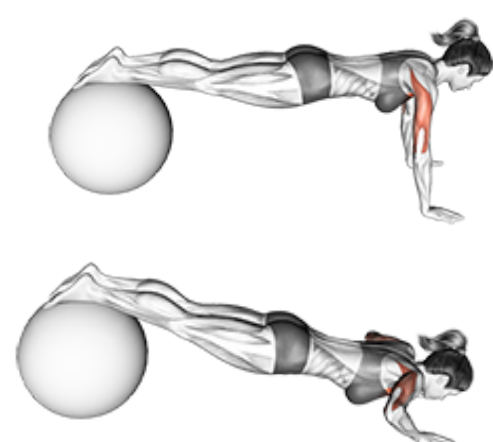
FRONT RAISE



REVERSE CRUNCH



SUMO SQUAT



BALL PUSH UPS



UPRIGHT ROW



SQUAT TO OVERHEAD PRESS



ALT OVERHEAD PRESS



SIDE PLANK ROTATIONS



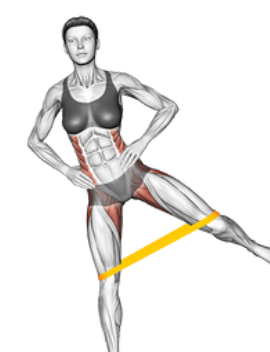
WEIGHTED RUSSIAN TWIST



SINGLE LEG BENCH SQUAT



SNAP JUMPS



ALT LEG RAISE

## WORKOUT

### Activation round: AMRAP 6 Min

Bird Dogs - 18 reps  
Cross Jack - 10 reps  
Dead Bug - 18 reps

### AMRAP 1 - 9 Minutes (Do as many rounds as possible in 9 minutes)

Ball Push Ups - 15 reps  
Front Raise - 15 reps  
Reverse Crunch - 15 reps  
Sumo Squat - 15 reps  
Upright Row - 15 reps

### AMRAP 2 - 9 Minutes (Do as many rounds as possible in 9 minutes)

Weighted Russian Twist - 20 reps  
Squat to overhead press - 15 reps  
Alt overhead press - 15 reps total  
Side plank rotation (left) - 15 reps  
Side plank rotation (right) - 15 reps

### Metabolic Boost Round - 5 Min AMRAP

Single leg bench squat - 6 each leg  
Snap Jumps - 10 reps  
Alt leg raise - 12 total

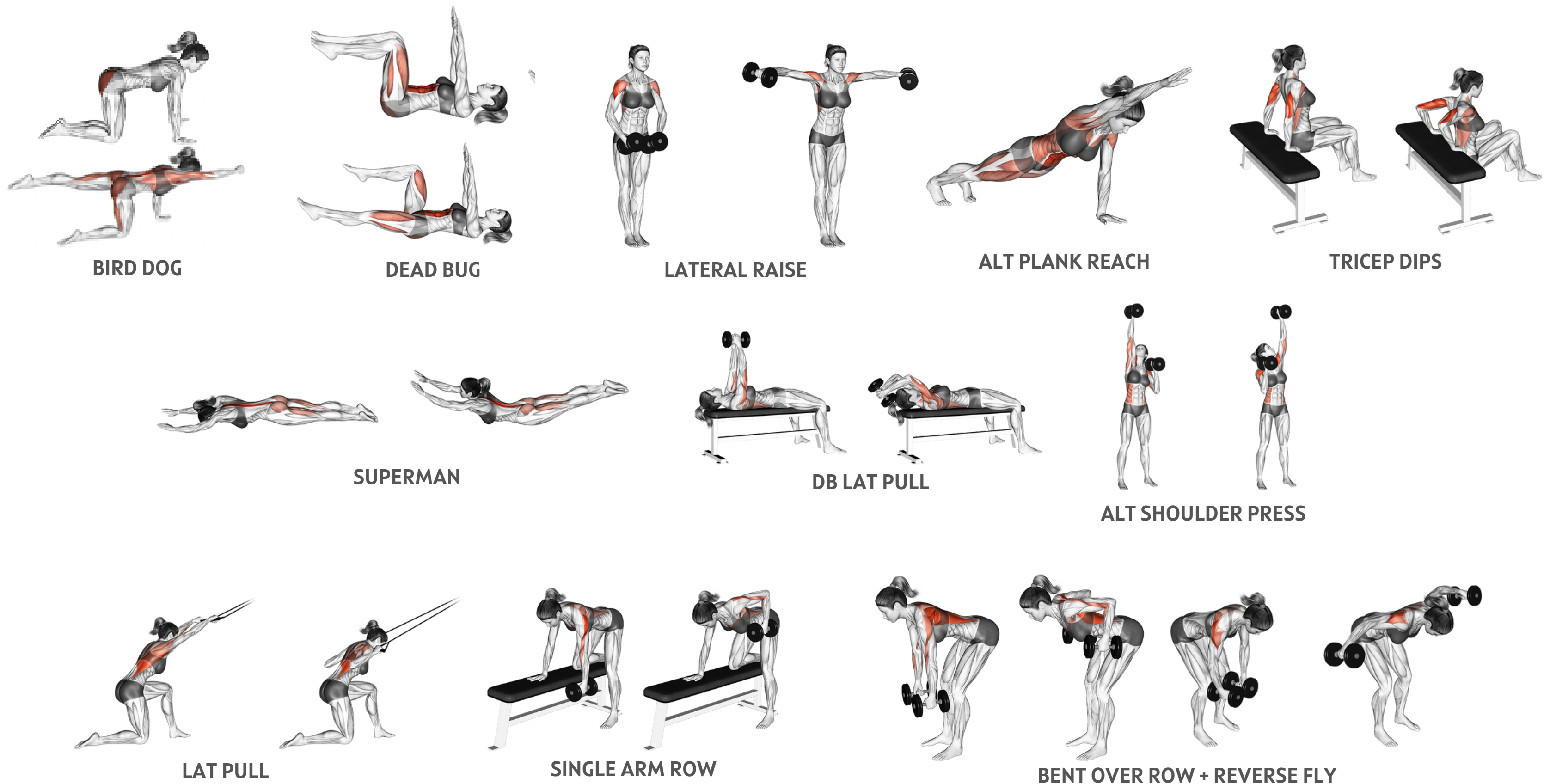
# FRIDAY- WEEK 4

## Upper Body

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



### EXERCISE DEMOS



### UPPER BODY WORKOUT

#### Activation Round: 3x

Bird Dog - 20 total  
Dead Bug - 20 total  
Lateral raise - 20 total  
Plank reach - 10 total

#### Superset #1: 3x

Super Man - 14 reps  
Alt shoulder press - 14 total  
Rest- 90 seconds

#### Superset #2: 3x

DB Lat pull over - 12-15 reps  
TA Hip Raise Marches - during the rest

[Click here for video](#)

#### Superset #3: 3x

Lat pull down - 12 reps  
Single arm row - 10 ea arm  
Rest- 90 seconds

#### Metabolic Boost: 3x

Tricep Dips - 25 seconds  
Burpee (or air squat) - 25 seconds  
Bent over row - 25 seconds



# SATURDAY- WEEK 4

Lower Body

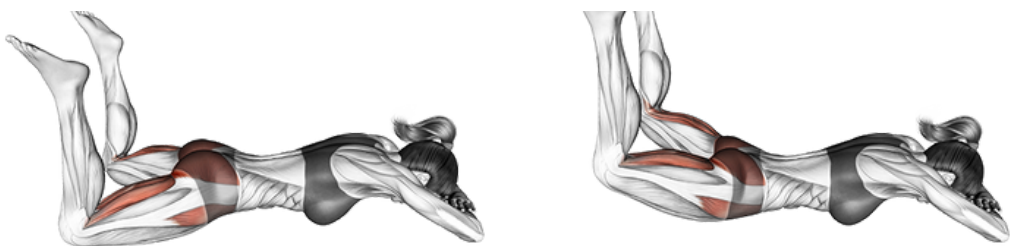
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## EXERCISE DEMOS



Kick backs



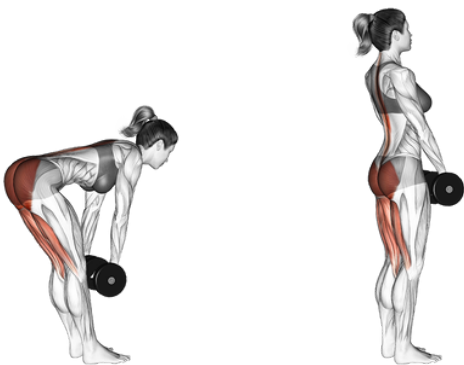
Reverse Hip Raise



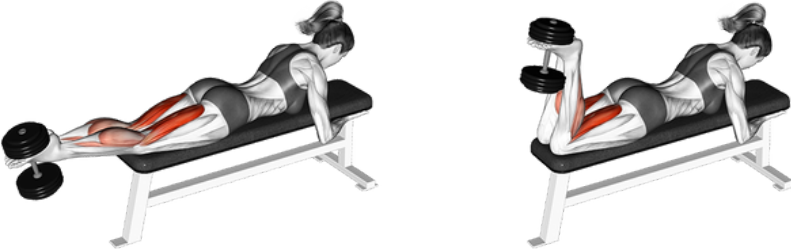
Hip thrust



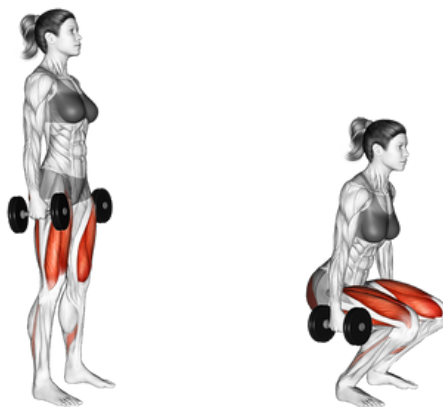
Hip raises



Deadlift



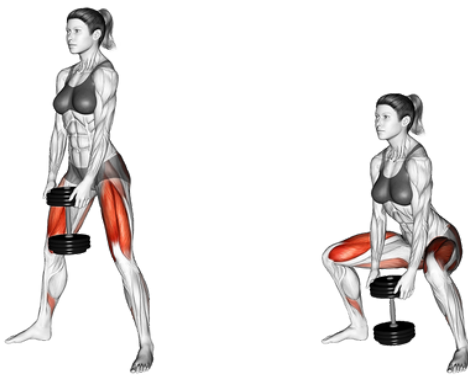
Hamstring Curl



Dumbbell Squat



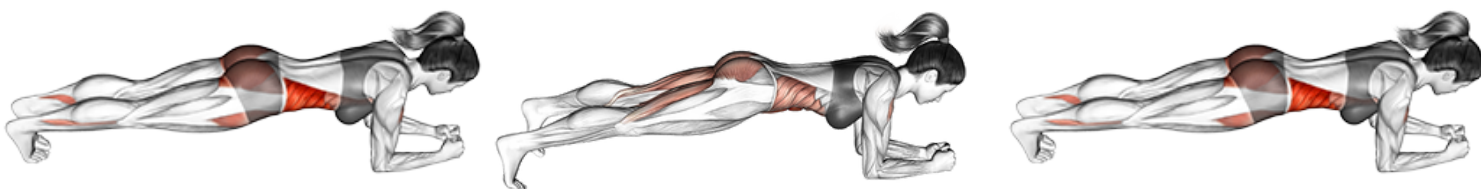
Alt Side Lunges



Sumo Squat



Jump Lunges



Plank Jacks

## LEG DAY WORKOUT

**Activation Round: 2x**  
**30 seconds each exercise**

Hip raises  
Kick backs (l)  
Kick backs (R)

**Round 1: 3x**  
**45 seconds each exercise**

Alt Side Lunges  
Dumbbell Squat  
Rest: 60-90 seconds

**Round 2: 3x**  
**45 seconds each exercise**

Reverse Hip Raise  
Hip Thrust  
Rest: 60 seconds

**Round 3: 3x**  
**45 seconds each exercise**

Hamstring Curl  
Deadlift (or wall sit)  
Rest: 60-90- seconds

**Metabolic Boost:**  
**AMRAP 5 min**

ump Lunges  
Plank Jacks  
Sumo Squats

If you have the equipment, you can use a leg extension machine and a hamstring curl machine at the gym.