

# MONDAY - WEEK 5

## HIIT / Interval workout

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

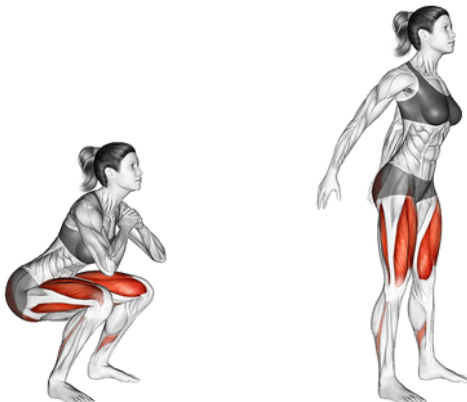
Want to do a workout video  
instead? Click the play  
button and do it with Val!



### WORKOUT DEMOS



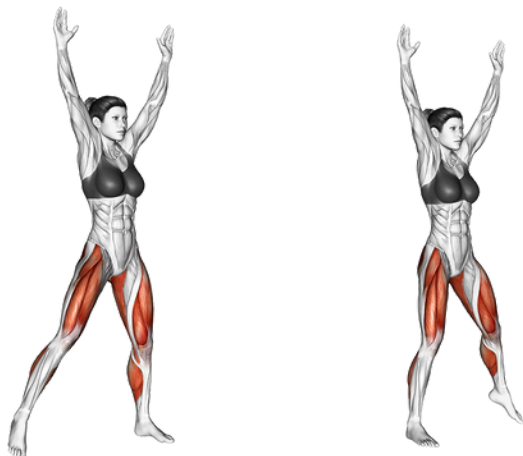
STEP BACK PULL DOWN



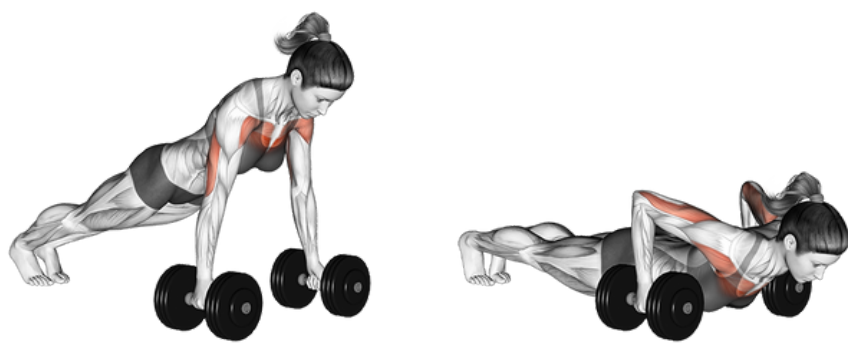
AIR SQUAT



FAST FEET  
(LIKE FOOTBALL)



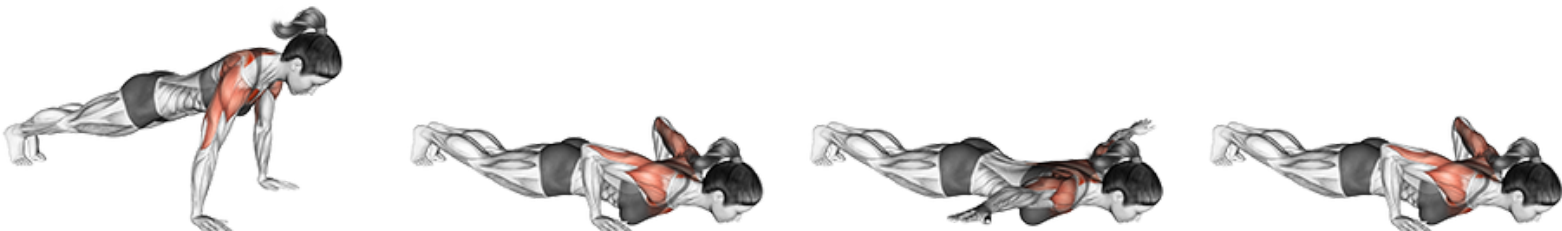
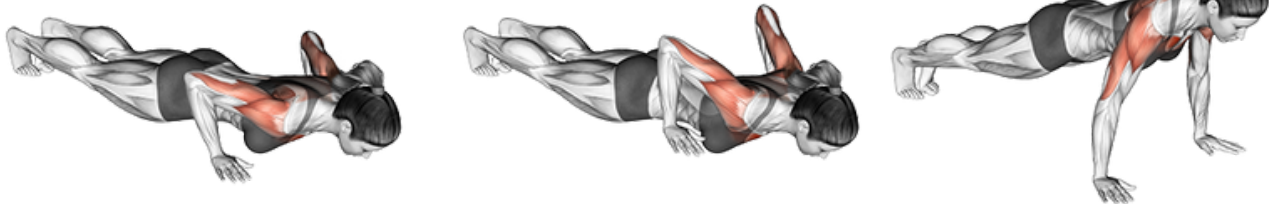
JUMPING JACKS



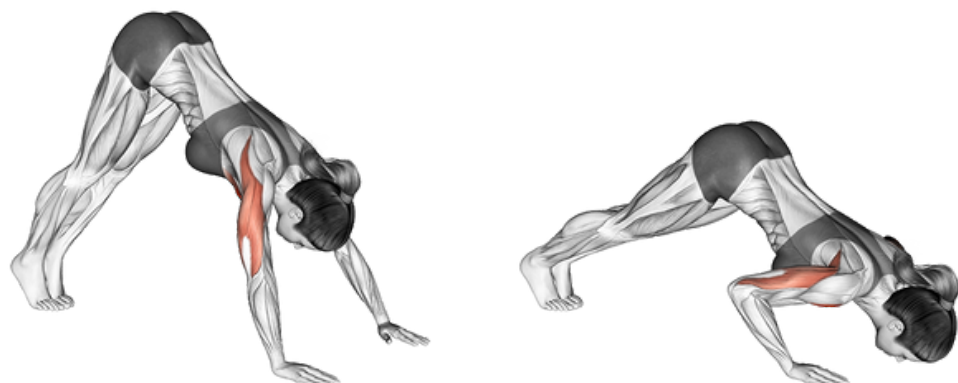
DB PUSH UPS



HAND RELEASE PUSH UP



T PUSH UP



PIKE PUSH UP

### WORKOUT

**Round 1: 3x**  
**30 seconds each**

- Step back pull down
- Air squat (or jump squat)
- Fast Feet
- Air Squats(or jump squat)
- Jumping Jacks
- Air Squats(or jump squat)

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

- DB Push up
- Pike Push Up
- Push up + T
- 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 5

## 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.

8x : 20 seconds on / 20 seconds rest

60 sec slow down / rest

7x: 20 seconds on / 10 seconds rest

60 sec slow down

6x: 30 sec on / 15 sec rest

60 sec slow down

20 minutes fat burning cardio

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(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.



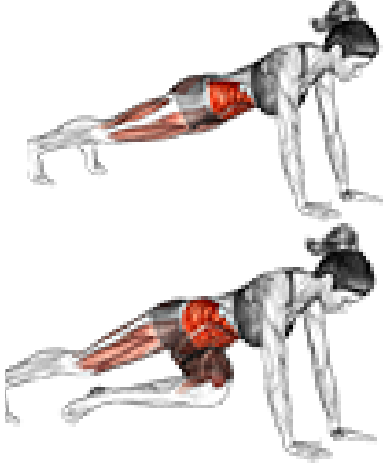
# WEDNESDAY - WEEK 5

Full Body

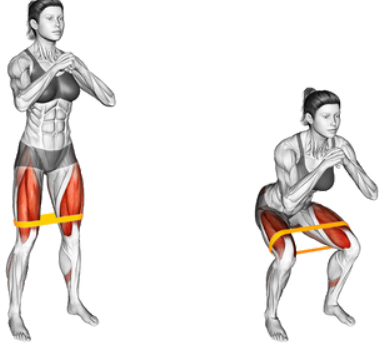
Want to do a workout video instead? Click the play button and do it with Val!



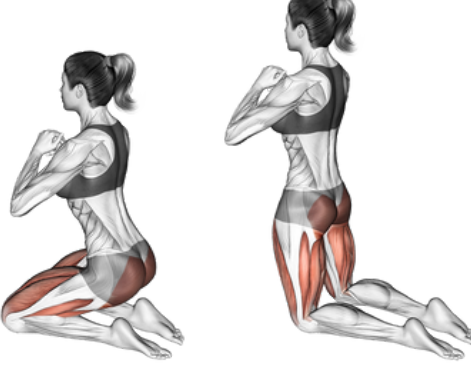
## WORKOUT DEMOS




MOUNTAIN CLIMBERS




BANDED SQUAT




KNEELING HIP RAISES



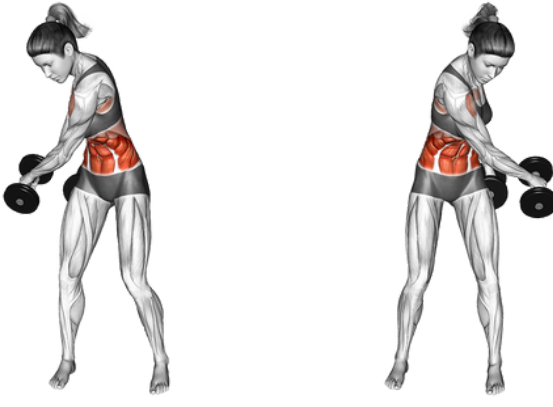
NARROW SQUAT HEELS UP




CHEST PRESS



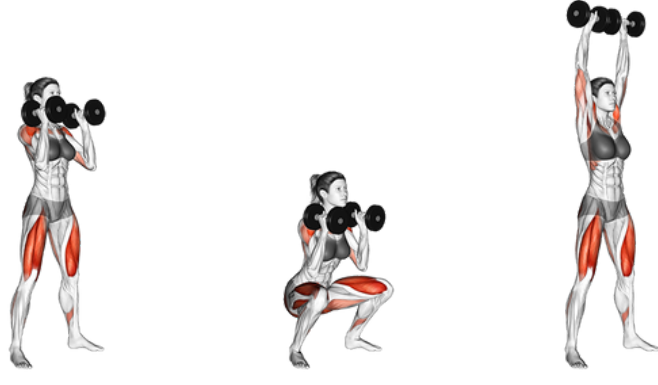
OBLIQUE REACHES



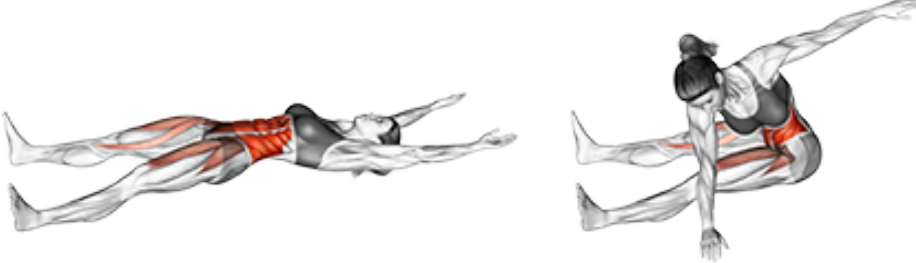
DB CROSS TWIST




WALKING LUNGES




SQUAT + OVERHEAD PRESS



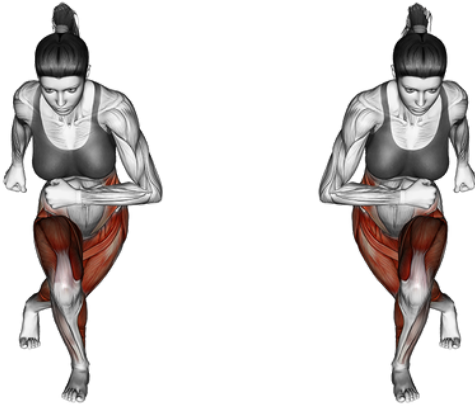
ROLL UP CROSS OVER



DONKEY KICKS



JUMP SQUATS



SKATERS

## WORKOUT

**Activation round: 3x**  
**30 seconds each**

Modified push ups  
Banded Squats

**Superset #1: 3x**

Goblet Squat - 12 Reps  
Oblique Reaches- 10 Reps ea way  
Rest: 30-60 seconds

**Superset #2: 3x**

Walking Lunges - 10 Reps each leg  
Squat + Overhead Press- 10 reps  
Rest: 30-60 seconds

**Superset #3: 3x**

Kneeling Hip Raise - 14 Reps  
Chest Press - 14 reps  
Rest: 30-60 seconds

**Round 1: 3x**

Donkey Kicks - 12 reps  
Roll up cross over - 12 total reps  
Dumbbell Cross twist- 12 total reps  
Rest: 30-60 seconds

**Metabolic boost: 3x**

Alt Skaters - 8-10 reps  
Jump/air squats - 8-10 reps  
Slow Mountain Climbers -16 total  
Rest: Little rest

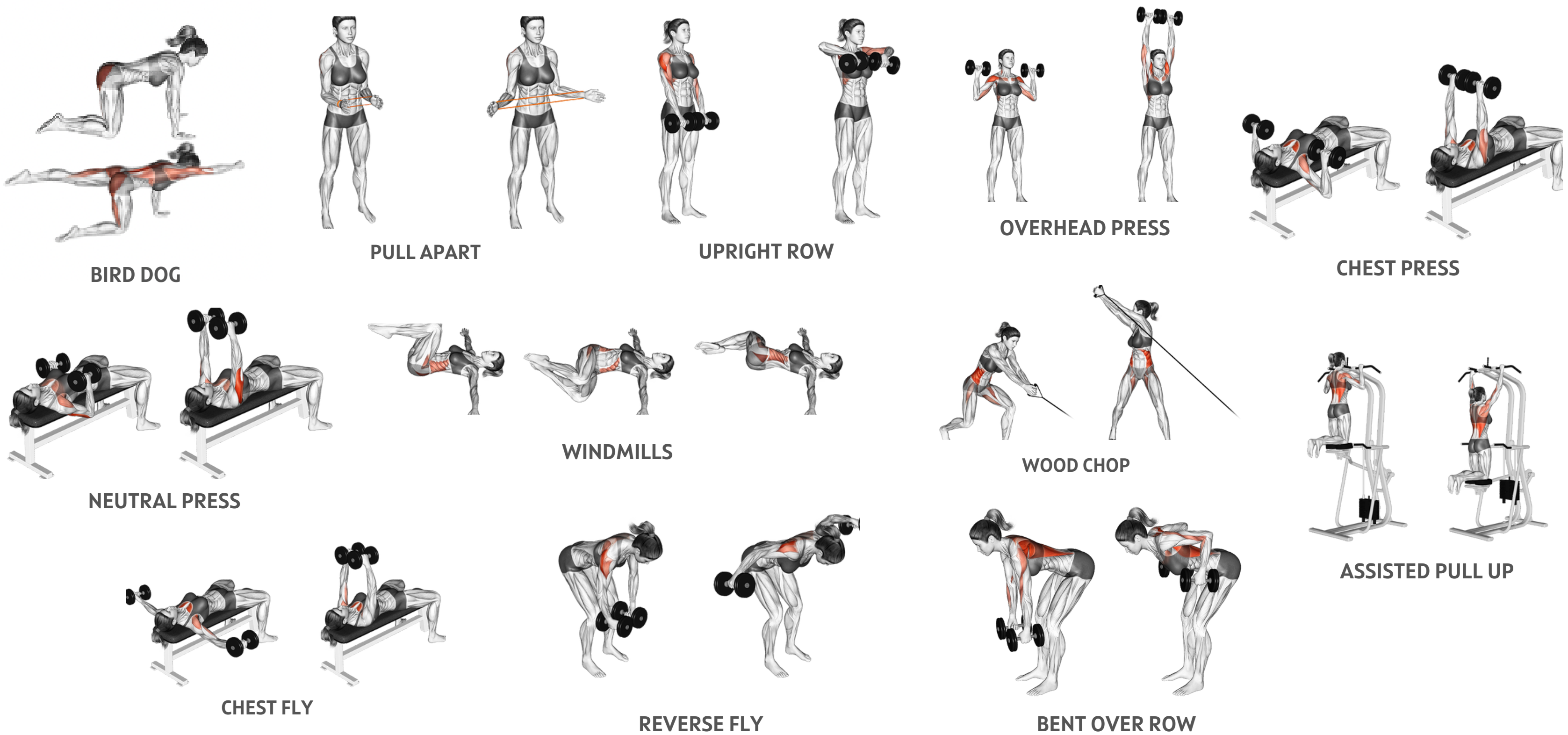
# FRIDAY - WEEK 5

## 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: 2x / 40 sec each.

Bird Dog  
Pull aparts  
Windmills

#### #1 Chest Round - 3x

Chest press - 10  
Neutral Press - 10  
Chest Fly - 10  
Rest - 60 seconds

#### #2 Back Round - 3x

Bent Over Row - 12 reps  
Reverse Fly - 12  
Rest- 90 seconds

#### #3 Shoulder Round: 3x

Upright Row 12 reps  
Overhead Press - 12 reps  
Rest- 90 seconds

#### #4 Lat Set - 3x / 45 seconds each.

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



# SATURDAY - WEEK 5

## Lower Body

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



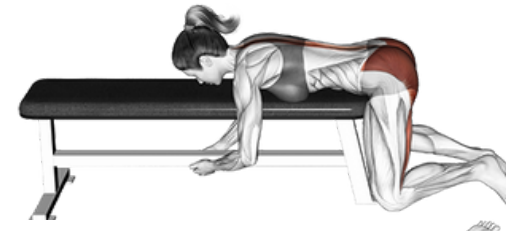
### EXERCISE DEMOS



RB Kick Backs



Clamshells



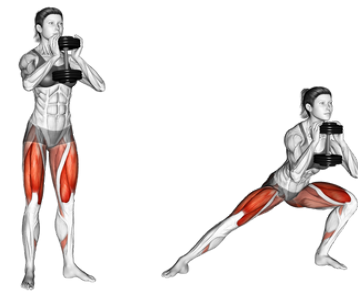
Bench Reverse Hip Raise



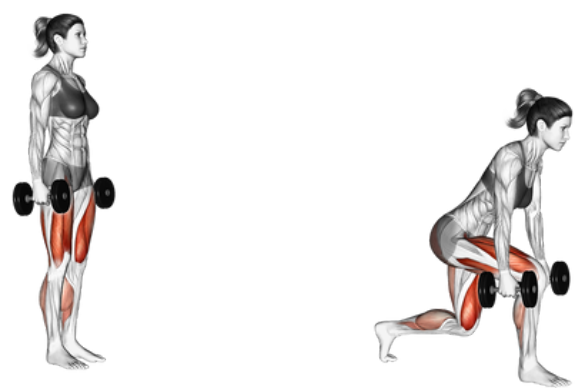
KB Swing



Frog Hip Thrust



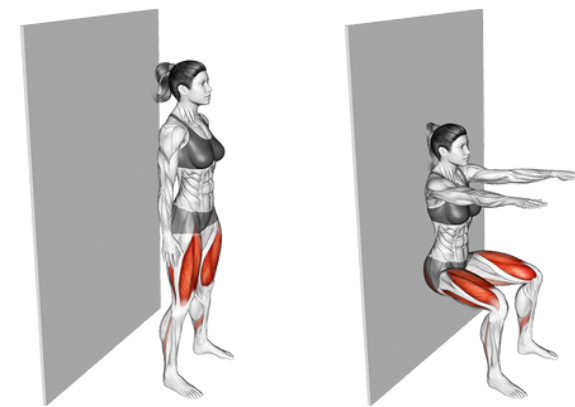
Alt side lunges



Forward Lunges



Front Squat



Wall sit



Jump Squat

### LEG DAY WORKOUT

#### Activation Round: 3x 45 seconds

RB Kick backs (L)  
RB Kick Backs (R)

#### Superset #1: 3x

Front Squat - 12-15 reps  
Forward Lunges - 20 reps total  
Rest: 60 seconds

#### Superset #2: 3x

Frog Hip Thrust - 10-12 reps  
Side lunges alt - 20 total  
Rest: 60 seconds

#### Superset #3: 4x

Clamshells (L) - 12-15  
Bench Reverse Hip Raise - 15  
Clamshells (R) - 12-15

#### Metabolic Boost: 4x 30 seconds each

KB Swings  
Jump Squats  
Wall Sit