

MONDAY - WEEK 6

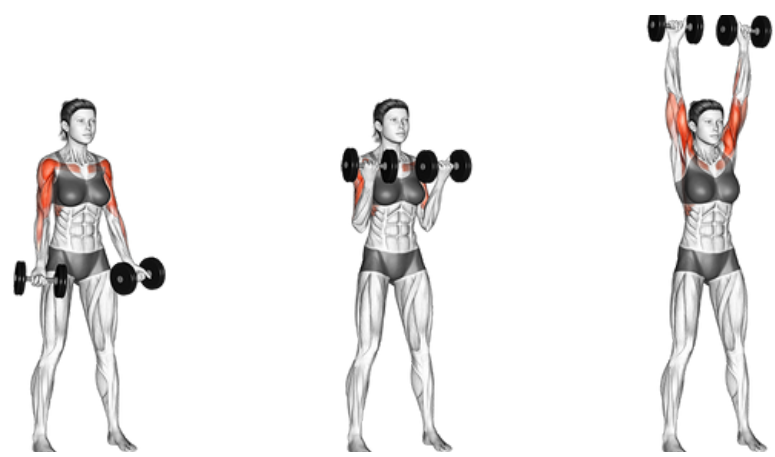
HIIT / Interval workout

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

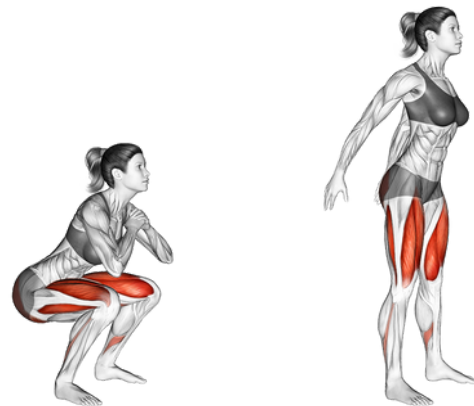
Want to do a workout video
instead? Click the play
button and do it with Val!



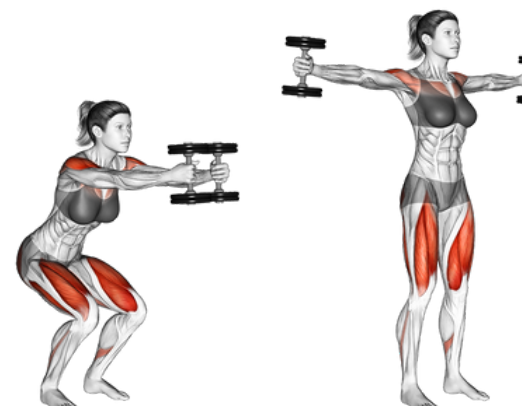
WORKOUT DEMOS



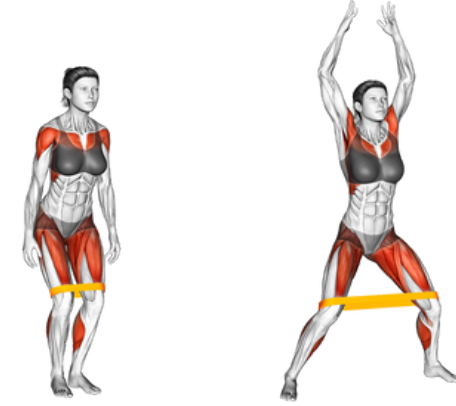
BICEP CURL + OVERHEAD PRESS



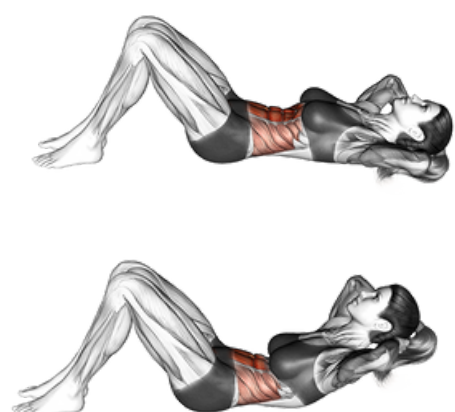
AIR SQUAT



SQUAT + SHOULDER FLY



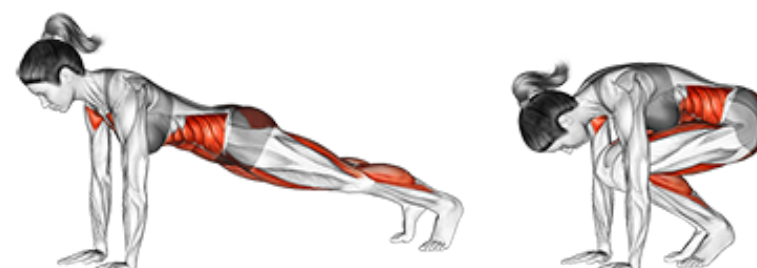
BANDED JACKS



PLANK + PIKE



JUMP SQUATS



SNAP JUMPS

WORKOUT

Lower Body Round: 3x

30 seconds each

Jump Squats (or air squats)

Squat + Shoulder Fly

Banded Jacks

Jump Rope or Butt Kicks-60 sec

Upper Body Round: 3x

30 seconds each

Snap Jumps

Bicep curl + overhead press

Crunches

Jump Rope or Butt Kicks-60 sec

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 6

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.

17 minutes - 20 sec on / 20 sec slow

20 minutes of fat burning zone 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 6

Full Body

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



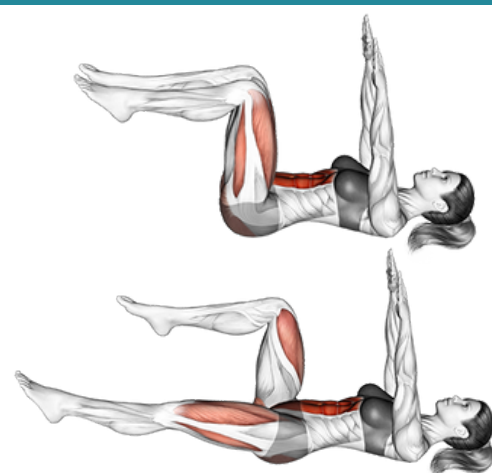
WORKOUT DEMOS



BIRD DOG



CROSS JACK



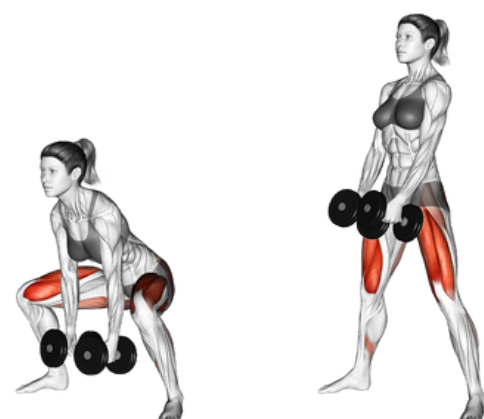
DEAD BUG



FRONT PRESS



FLOOR TO BOAT POSE



SUMO DEADLIFT



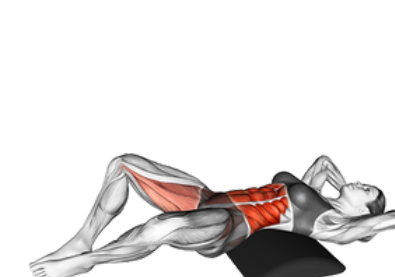
PUSH UP W/
SHOULDER TAP



UPRIGHT ROW



SQUAT + REVERSE FLY



FROG SIT UP



GOBLET SQUAT



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 - 10 Minutes

(Do as many rounds as possible in 10 minutes)

Push Up w/ shoulder tap - 15 reps

Front Press - 15 reps

Floor to boat pose - 15 reps

Sumo deadlift - 15 reps

Upright Row - 15 reps

AMRAP 2 - 10 Minutes

(Do as many rounds as possible in 10 minutes)

Plank Dips - 20 reps

Squat + Reverse Fly - 15 reps

Frog Sit ups - 20 reps

Goblet Squat - 15 reps

Frog Sit ups - 20 reps

Metabolic Boost Round - AMRAP 5 MIN

Single leg bench squat - 8 each leg

Snap Jumps - 8 reps

Alt leg raise - 8 each side

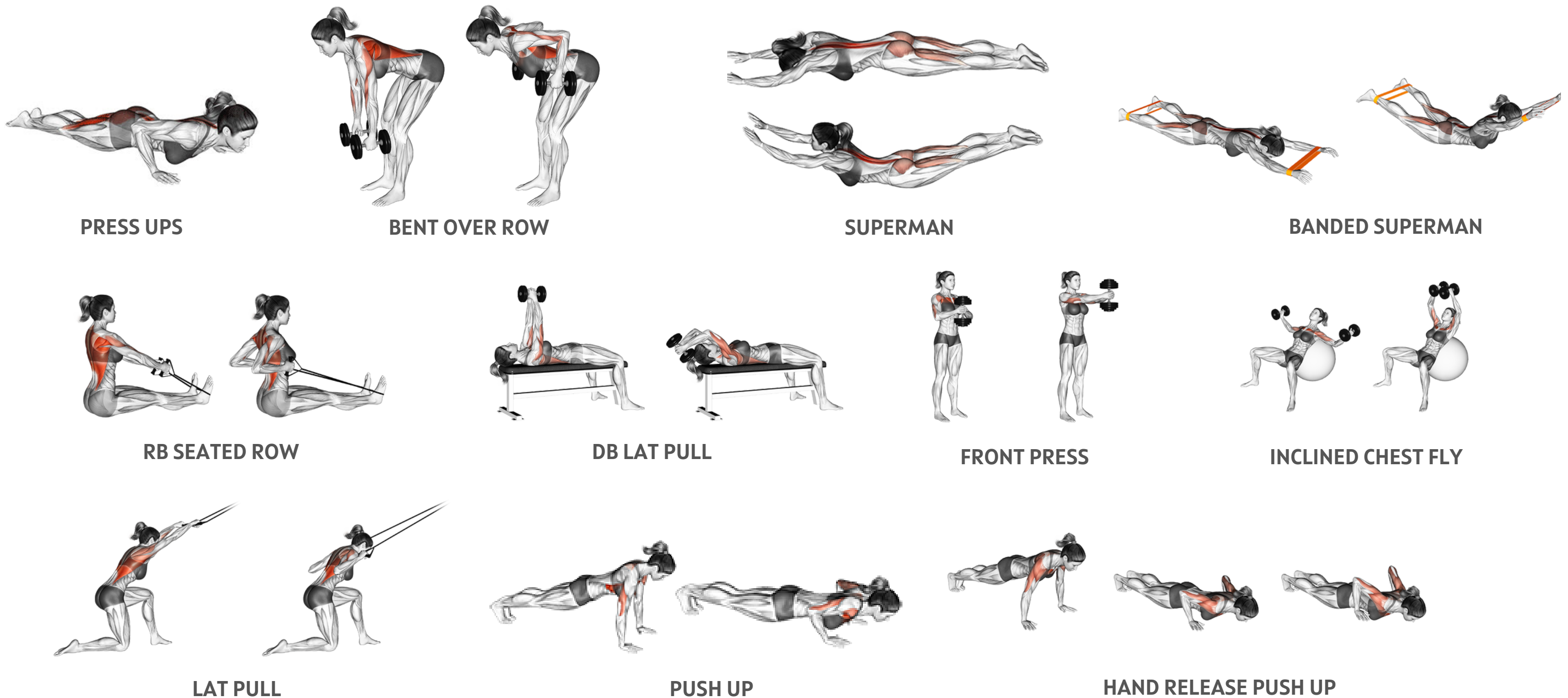
FRIDAY- WEEK 6

Upper Body

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



EXERCISE DEMOS



UPPER BODY WORKOUT

Activation: 1x
60 sec each

Press ups
RB Seated Row
Superman

Round 1 - 3x
35-40 sec each

Bent Over Row
DB Lat pull over
Banded Superman
RB Lat Pull down
Rest - 60 seconds

Round 2 - 3x
35-40 sec each

Push Up (go slow)
Inclined Chest Fly
Front Press
Hand Release Push Up
Rest - 60 seconds

Metabolic boost: 3x

Leg lifts - 8-10 reps
Slow Mountain Climbers - 16 ea
Rest: Little rest

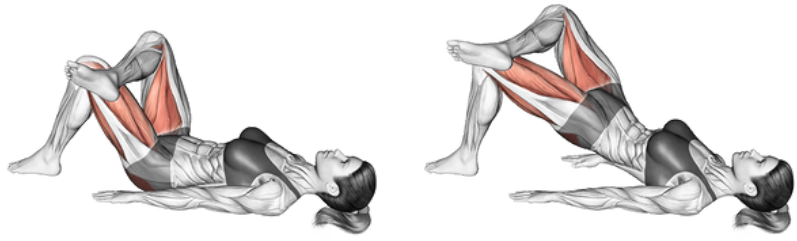
SATURDAY- WEEK 6

Lower Body

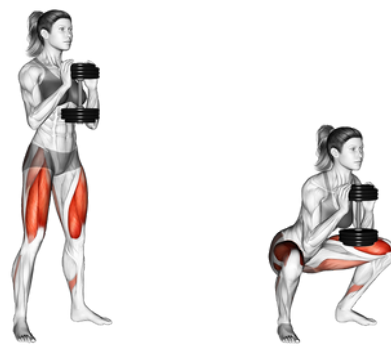
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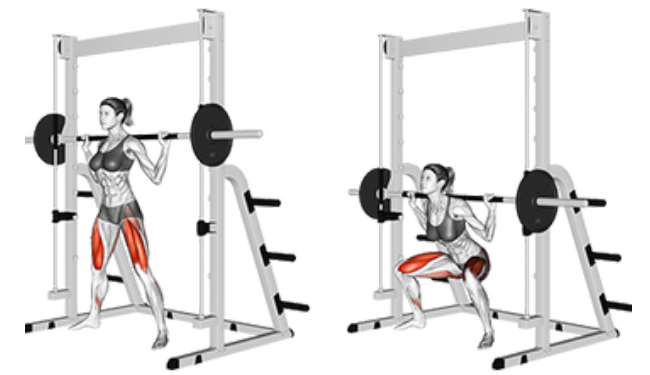
EXERCISE DEMOS



Single leg hip raises



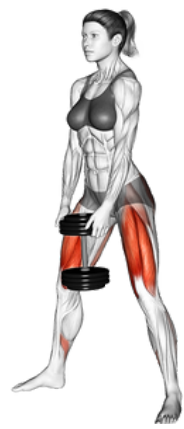
Goblet squat



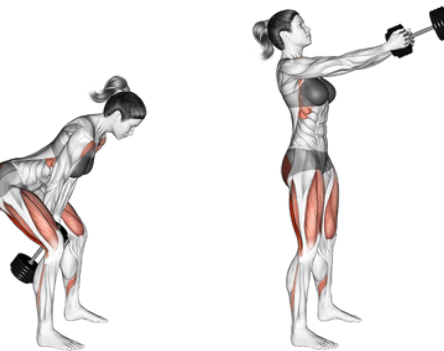
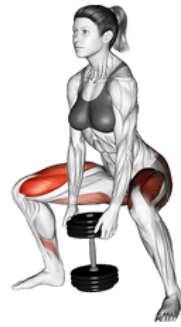
Back Squat (or DB on shoulders)



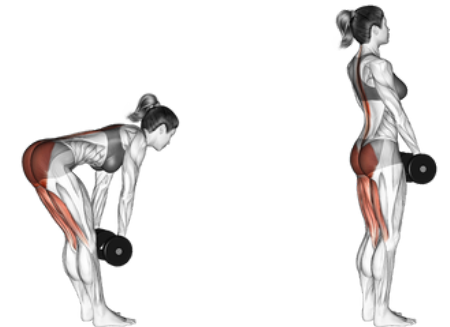
Hip raises



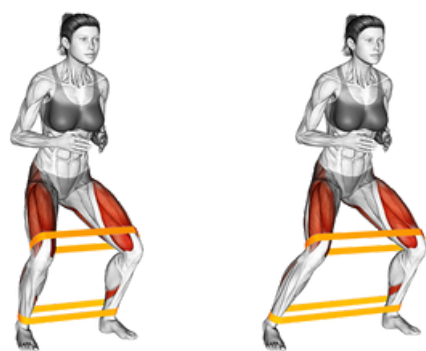
Sumo Squat



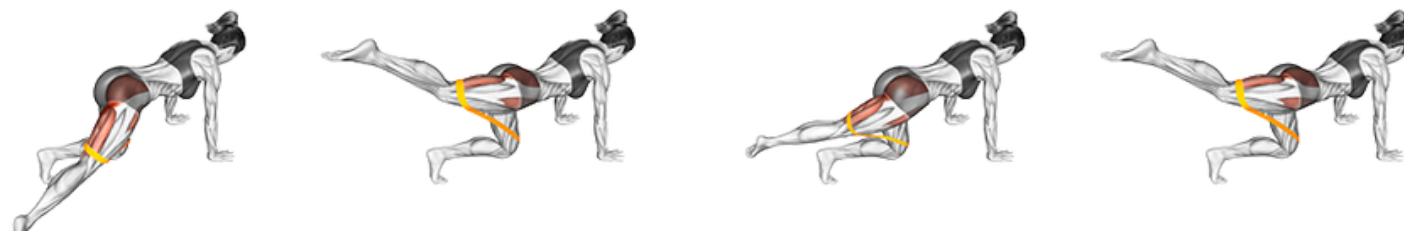
KB or DB Swing



Deadlift



RB Side Steps



Straight leg cross over (band optional)

LEG DAY WORKOUT

Activation Round: 2x

Hip raises - 15-20 reps
Single leg hip raise (l) - 10-12 reps
Single leg hip raise (R) - 10-12 reps
Rest: 20 seconds

Round 1: 3x

Goblet squat - 15 reps
Lunge with Knee Raise (left) -10 reps
Lunge with Knee Raise (right) -10 reps
Back Squat - 10 reps
Rest - 90 seconds

Round 2: 3x

Sumo Squat - 15 reps
Deadlift - 15 reps
Straight leg cross over- 10 ea leg
RB Side Steps - 45 seconds
Rest - 90 seconds

Metabolic Boost: 3x 20 seconds each

KB or DB Swings
Skaters
Curtsy Lunges