

# MONDAY - ONBOARDING WEEK & WEEK 1

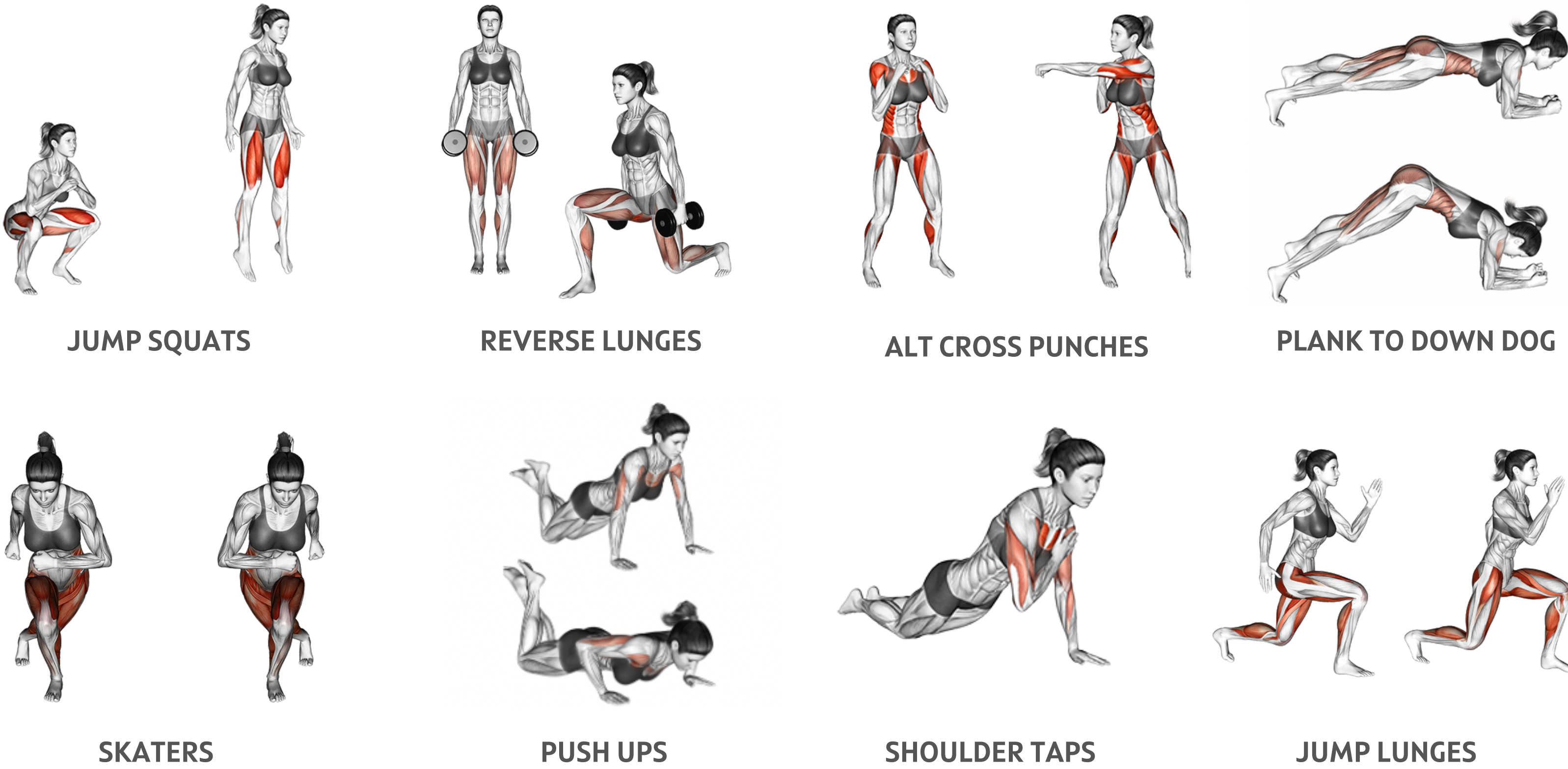
## HIIT / Interval workout

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 - 1x

##### 1 - Cardio:

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

##### 2 - HIIT:

20 sec on / 20 sec off

Jump squats

Reverse lunges

Alt Cross Punches

Plank to Down Dog

#### Round 2 - 1x

##### 1- Cardio:

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

##### 2 - HIIT:

20 sec on/ 20 sec off

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 - ONBOARDING WEEK & WEEK 1

## 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 completely unless needed.

5 Minutes: 20 seconds on / 20 seconds slower  
(heavy resistance)

2 minutes slow down / rest

5 minutes: 20 seconds on / 20 seconds slower  
(light resistance)

5 minutes: 20 seconds on / 20 seconds slower  
(heavy resistance)

10 minutes fat burning light cardio (see below)

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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 - ONBOARDING WEEK & WEEK 1

Full Body

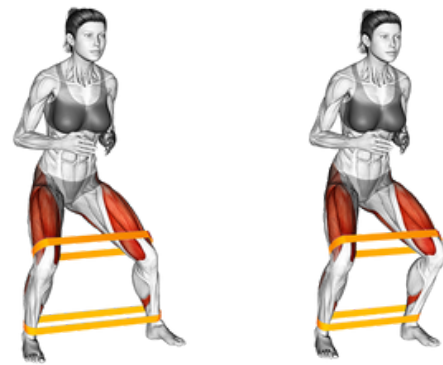
Want to do a workout video instead? Click the play button and do it with Val!



## WORKOUT DEMOS



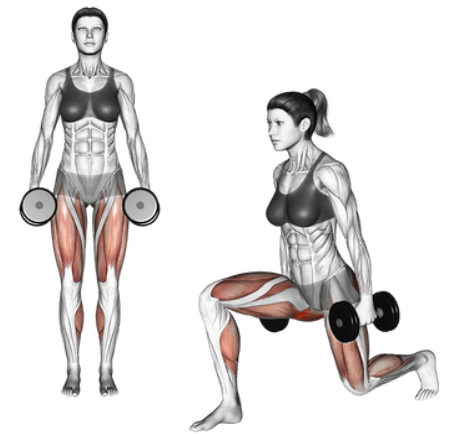
AIR SQUATS



BANDED SIDE STEPS



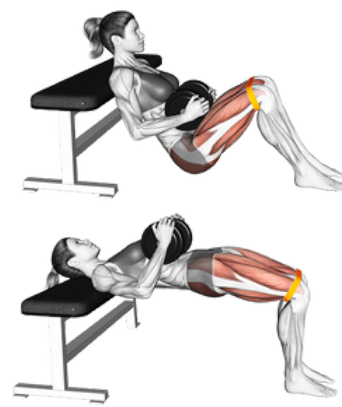
MOD PUSH UPS



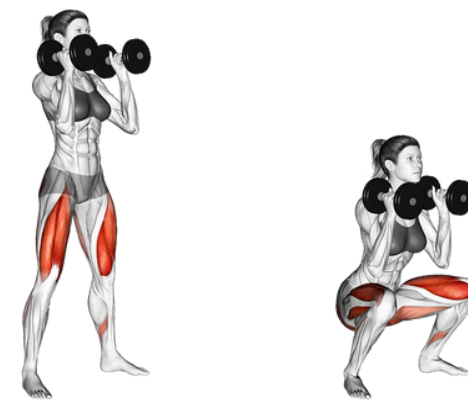
REVERSE LUNGES



BICEP CURL + OVERHEAD PRESS



HIP THRUST



FRONT SQUAT



CHEST PRESS



TRICEP KICKBACKS



PUSH UP



FIRE HYDRANT

## WORKOUT

### Activation round: 1x

**30 seconds each**

Modified push ups

Air Squats

Banded Side Steps

### Superset #1: 3x

Front Squat - 12 Reps

Tricep Kickbacks - 10 Reps

Rest: 30-60 seconds

### Superset #2: 3x

Reverse Lunges - 10 Reps each leg

Bicep Curl + Overhead Press - 10 reps

Rest: 30-60 seconds

### Superset #3: 2x-3x

Hip Thrust - 10 Reps

Chest Press - 12 reps

Rest: 30-60 seconds

### Final Round: 2x-3x

Donkey Kicks - 8-10 reps

Fire Hydrants - 8-10 reps

Push Ups- 6-8 reps

Rest: 30-60 seconds

### 5: Metabolic boost:

coming week 3

# FRIDAY - ONBOARDING WEEK & WEEK 1

Upper Body

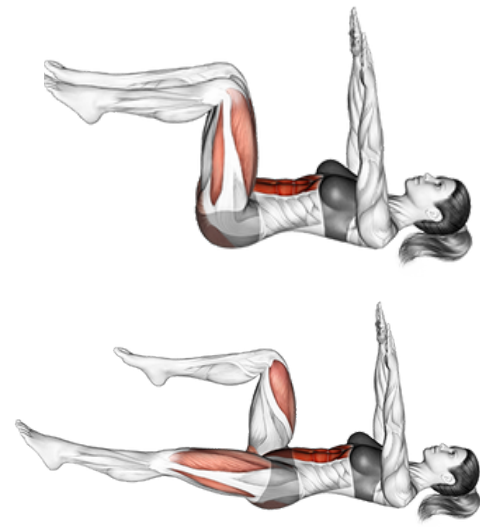
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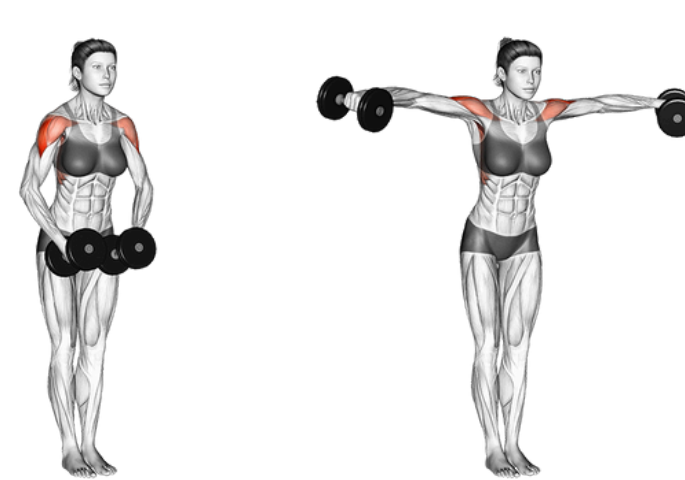
## EXERCISE DEMOS



BIRD DOG



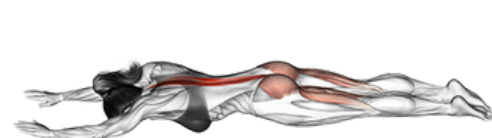
DEAD BUG



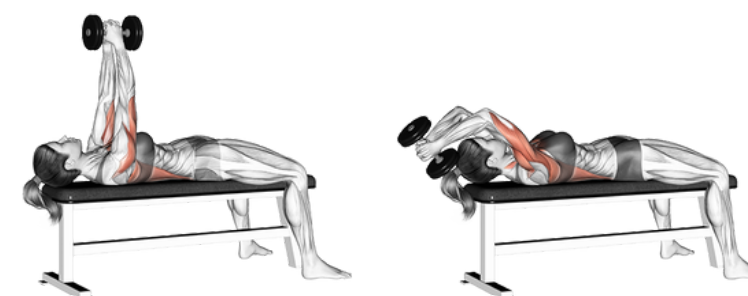
LATERAL RAISE



ALT PLANK REACH



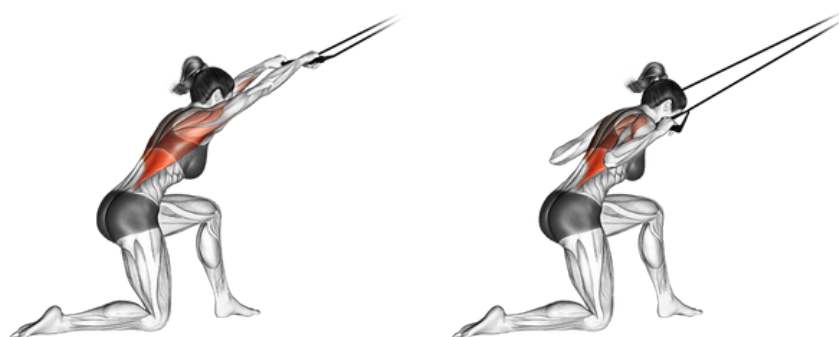
SUPERMAN



DB LAT PULL



ALT SHOULDER PRESS



LAT PULL



SINGLE ARM ROW



PLANK ROTATION

## UPPER BODY WORKOUT

### Activation Round: 2x

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

### Superset #1: 3x

Super Man - 10 reps  
Alt shoulder press - 10 total  
Rest- 90 seconds

### Superset #2: 3x

DB Lat pull over - 10 reps  
Plank Rotation - 6 ea side  
Rest- 90 seconds

### Superset #3: 3x

Lat pull down - 10 reps  
Single arm row - 8 ea arm  
Rest- 90 seconds

**Metabolic Boost: Coming week 3**



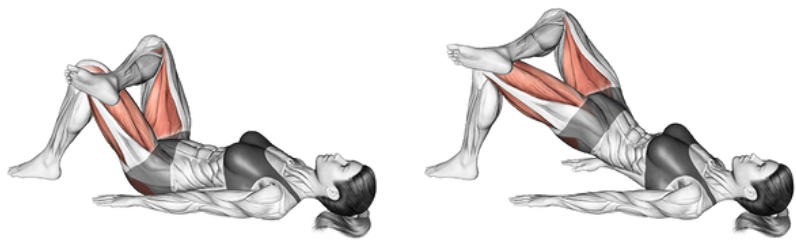
# SATURDAY - ONBOARDING WEEK & WEEK 1

## Lower Body

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



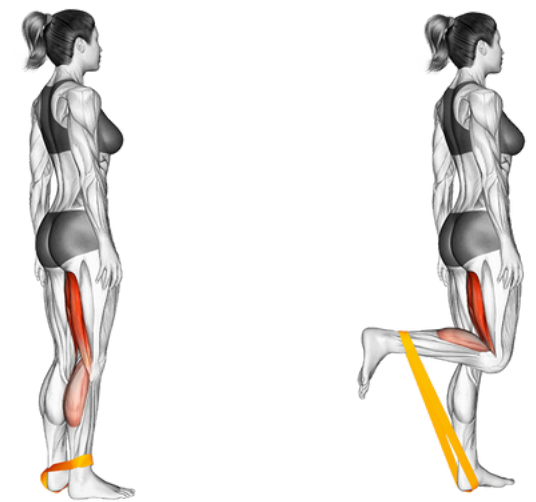
### EXERCISE DEMOS



Single leg hip raises



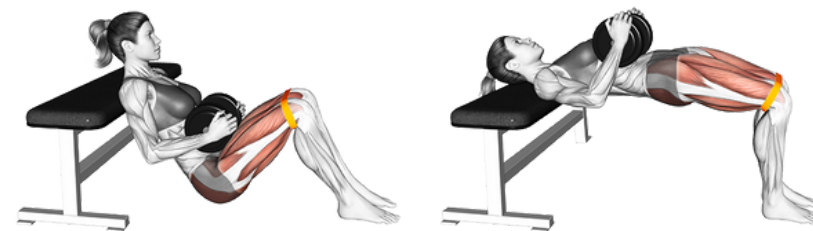
Clamshells



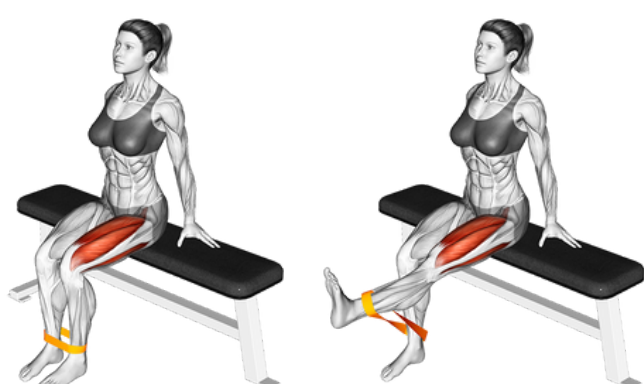
RB leg curl



Hip raises



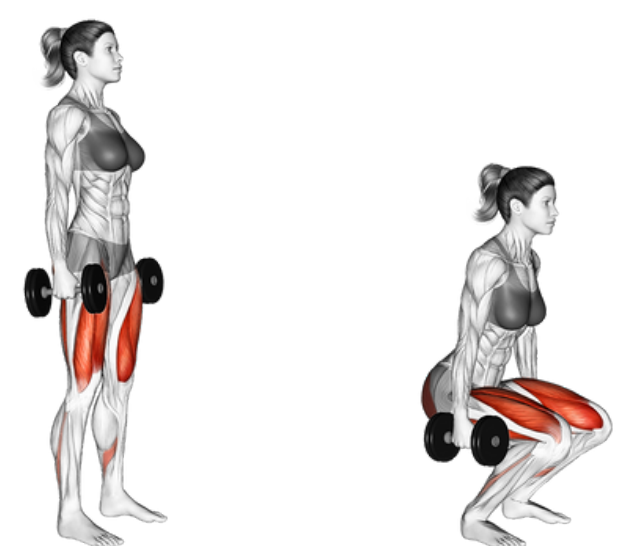
Hip thrust



RB Leg extensions



Deadlift



Dumbbell Squat

### LEG DAY WORKOUT

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

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

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

RB Leg Extension (L)  
RB Leg Extension (R)  
Dumbbell Squat  
Rest: 60 seconds

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

Clamshell (L)  
Clamshell (R)  
Hip Thrust  
Rest: 60 seconds

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

RB Leg Curl (L)  
RB Leg Curl (R)  
Deadlift (or wall sit)  
Rest: 60 seconds

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