

MONDAY - WEEK 3

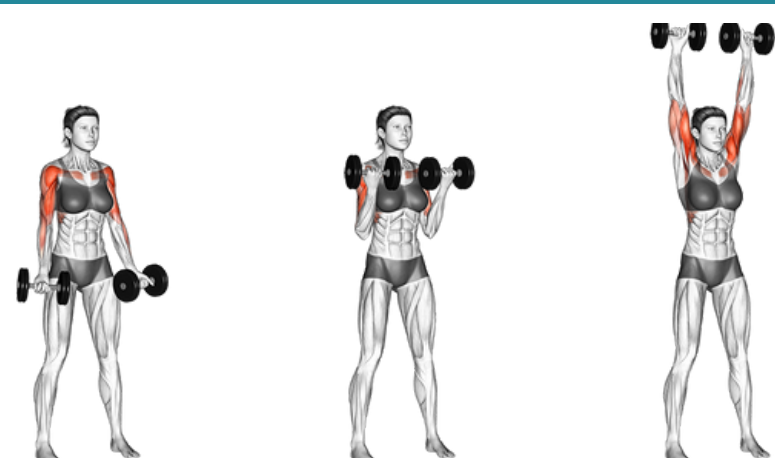
HIIT / Interval workout

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

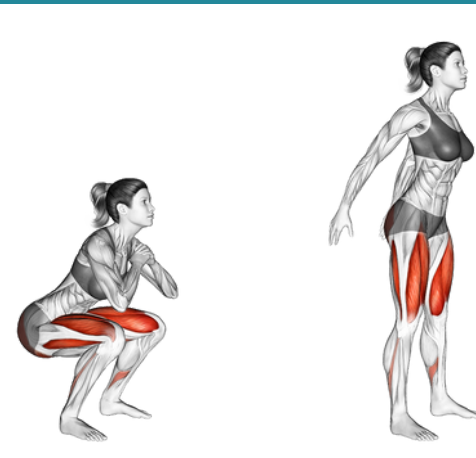
Want to do a workout video
instead? Click the play
button and do it with Val!



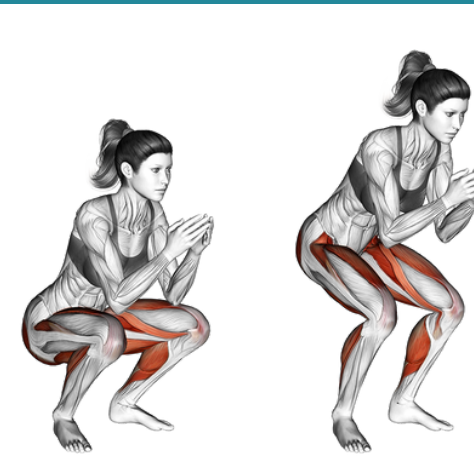
WORKOUT DEMOS



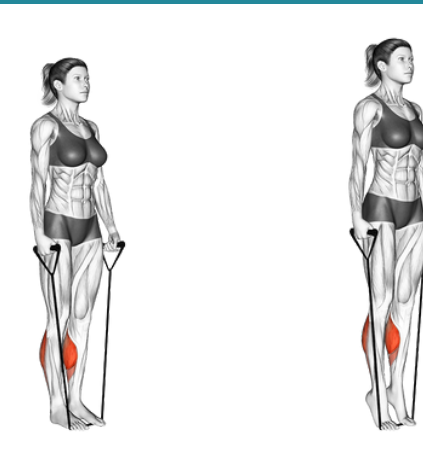
BICEP CURL + OVERHEAD PRESS



AIR SQUAT



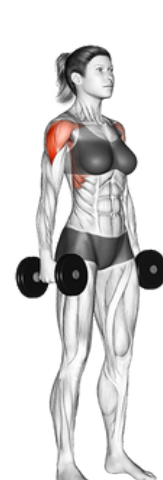
BASEMENT PULSE



CALF RAISES



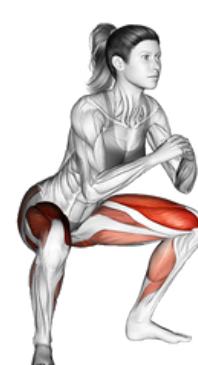
PUSH UP



LATERAL RAISE



SQUAT + LATERAL RAISE



SNAP JUMPS



WORKOUT

Lower Body Round:
4x- 20 seconds each exercise

Air squats (or jump squats)
Basement Pulse
Squat with lateral raise
Calf Raises
Jump Rope or butt kicks - 60 sec

Upper Body Round:
4x - 20 seconds each exercise

Snap Jumps
Bicep curl + overhead press
Lateral Raise
Push Up
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 3

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 unless needed.

14 minutes - 20 sec on / 30 sec slower

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.

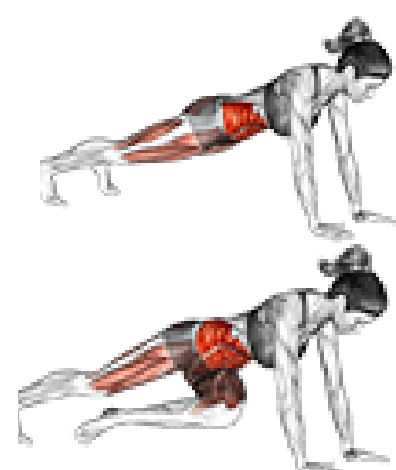
WEDNESDAY - WEEK 3

Full Body

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



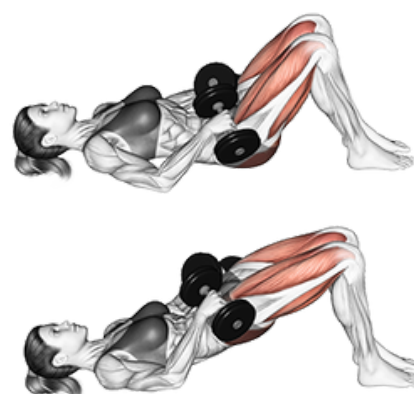
WORKOUT DEMOS



MOUNTAIN CLIMBERS



BANDED SQUAT



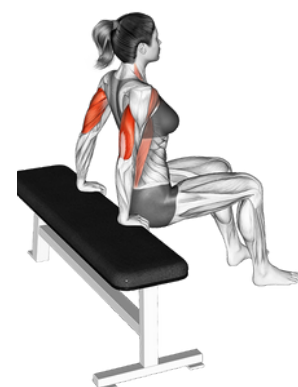
HIP RAISES



GOBLET SQUAT



CURTSY LUNGES



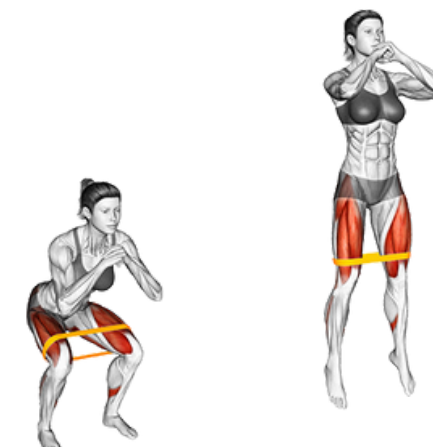
TRICEP DIPS



FIRE HYDRANT



NEUTRAL CHEST PRESS



BANDED JUMP SQUATS

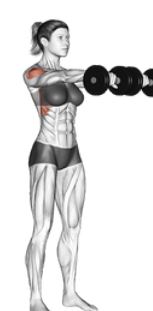


SIDE CRUNCHES

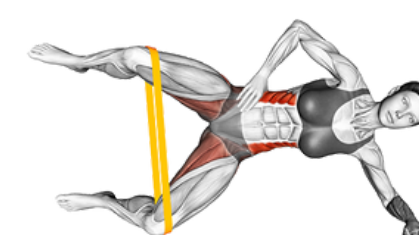


SIDE STEPS WITH FRONT RAISE

Take a step each way. When you bring your feet back together, do the front raise. Band optional



ELEVATED CLAIMSHELL



WORKOUT

Activation round: 1x

30 seconds each

Modified push ups

Banded Air Squats

Superset #1: 3x

Goblet Squat - 12 Reps

Tricep Dips- 10 Reps

Rest: 30-60 seconds

Superset #2: 3x

Curtsy Lunges - 10 Reps each leg

Side Steps with front raise - 10 reps

Rest: 30-60 seconds

Superset #3: 3x

Hip Raise - 10 Reps

Neutral Chest Press - 12 reps

Rest: 30-60 seconds

Round 1: 3x

Elevated Clamshell - 12 reps ea

Fire Hydrants - 12 reps total

Side Crunches- 8-10 reps ea side

Rest: 30-60 seconds

Metabolic boost: 2x

Banded Jump Squats - 8-10 reps

Slow Mountain Climbers - 16 total

Rest: Little rest

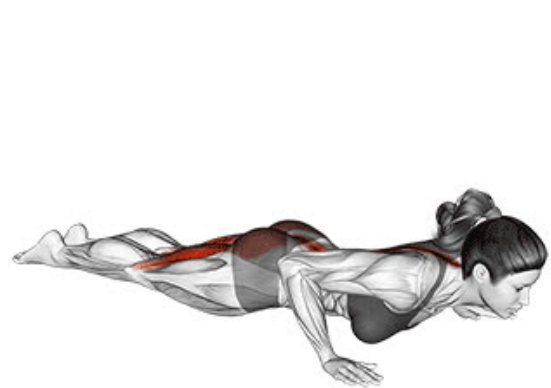
FRIDAY - WEEK 3

Upper Body

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



EXERCISE DEMOS



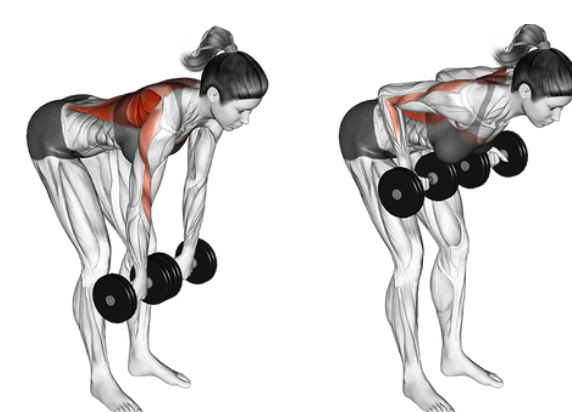
PRESS UPS



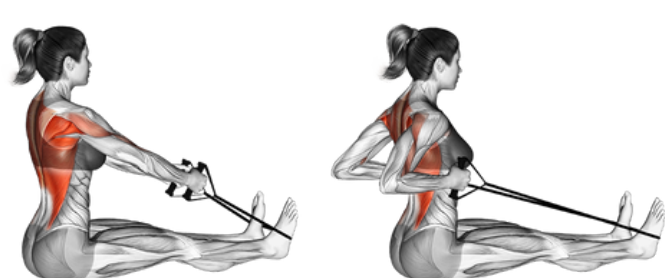
OVERHAND ROW



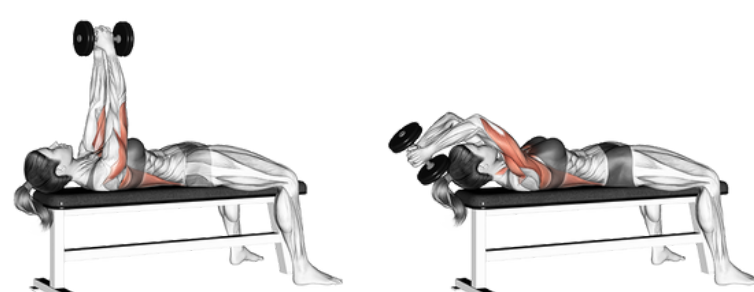
CLOSE GRIP CHEST PRESS



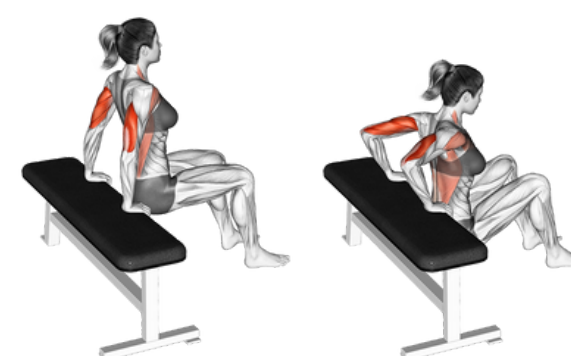
UNDERHAND ROW



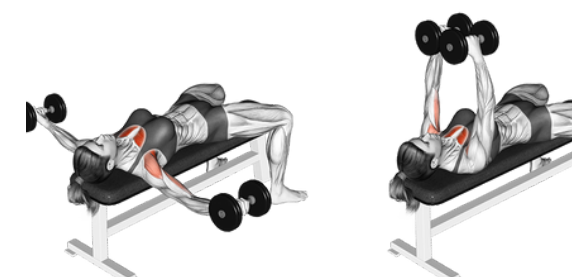
RB SEATED ROW



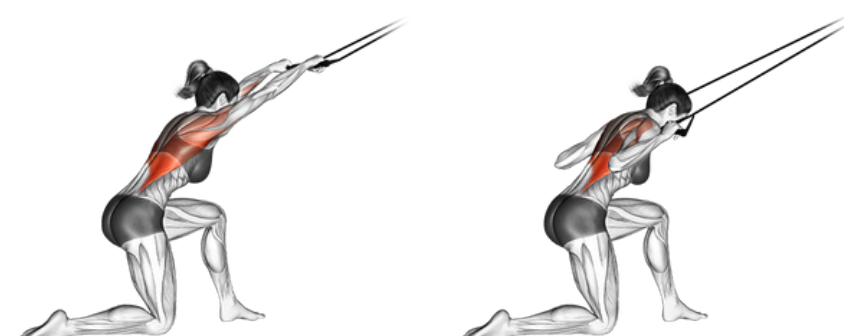
DB LAT PULL



TRICEP DIPS



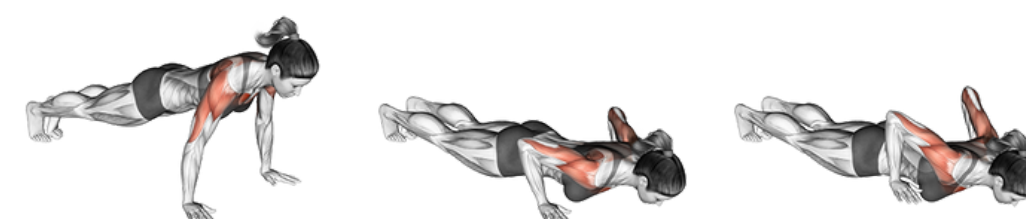
CHEST FLY



LAT PULL



WIDE CHEST PRESS



HAND RELEASE PUSH UP



SUPERMAN



BURPEE

UPPER BODY WORKOUT

Activation: 3x / 30 sec each

Press ups

RB Seated Row

Round 1 - 3x

20 sec each exercise

Overhand Row

DB Lat pull over

Underhand Row

RB Lat Pull down

Rest - 60 seconds

Round 2 - 3x

20 sec each

Wide Chest Press

Chest Fly

Chest press Close Grip

Hand Release Push Up

Rest - 60 seconds

Metabolic Boost: 2x

Tricep Dips - 10 reps

Supermans - 12 reps

Burpee (or air squat) - 4 reps

SATURDAY - WEEK 3

Lower Body

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



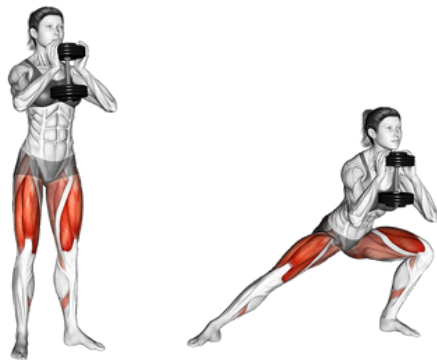
EXERCISE DEMOS



RB Kick Backs



Clamshells



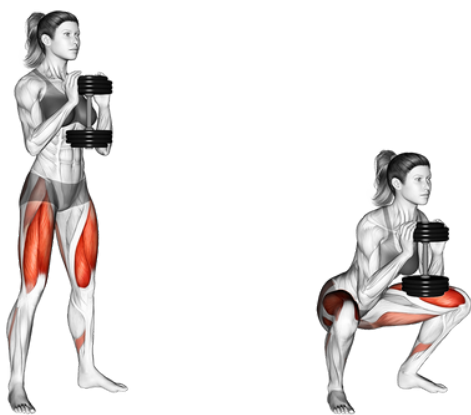
Alt side lunges



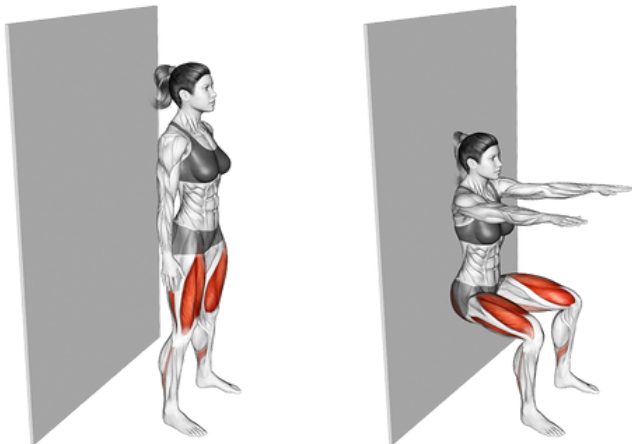
Air Squat



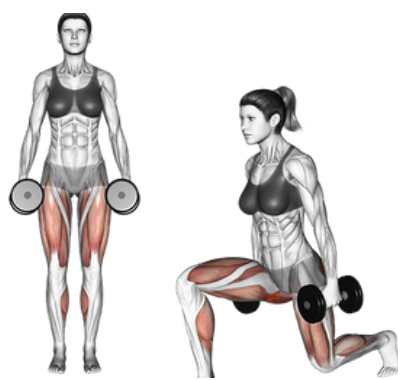
Hip raises



Goblet Squat



Wall sit



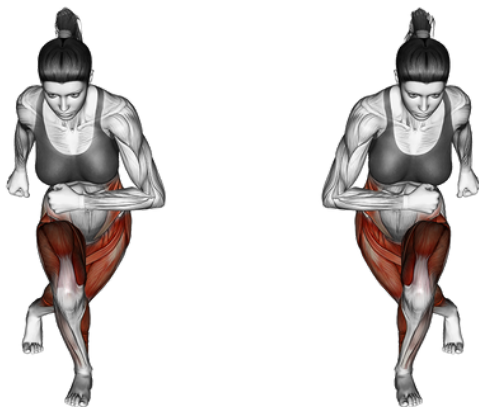
Alt lunges



Jump Squats



Skaters



Curtsy Lunges

LEG DAY WORKOUT

Activation Round: 2x
30 seconds each

Air Squat
Wall Sit
RB Kick backs

Superset #1: 3x
30-40 seconds each

Goblet squat
Alt lunges
Rest: 60 seconds

Superset #2: 3x
30-40 seconds each

Hip raises (knees touching)
Side lunges alt
Rest: 45 seconds

Superset #3: 3x
30-40 seconds each

Clamshells (L)
Clamshells (R)
Rest - 30 seconds

Metabolic Boost: 2x
20 seconds each

Jump squats
Skaters
Curtsy Lunges