

WEEK 1

DAY 1

Group	Movement/Exercise	Notes	Sets	Tempo/Reps	Rest between
Upper	Knee Assisted Shoulder Tap		4	30 Seconds	60 Seconds
Upper	Super Man		4	10	60 Seconds
Upper	Bird Dog		4	10	60 Seconds
Upper	1 Arm Jabs		4	45 Seconds	60 Seconds
Upper	1 Arm Overhead Jabs		4	45 Seconds	60 Seconds
Upper	Tricep Dips (Knees Bent)		4	10	60 Seconds
Core	Knee Planks		4	30 Seconds	60 Seconds
Core	Leg Raises		4	30 Seconds	60 Seconds

DAY 2

Group	Movement/Exercise	Notes	Sets	Tempo/Reps	Rest between
Lower	Bodyweight Squat		4	10	60 Seconds
Lower	Glute Bridge		4	10	60 Seconds
Lower	Pulse Squat		4	10	60 Seconds
Lower	Donkey Kick		4	10	60 Seconds
Lower	Fire Hydrant		4	10	60 Seconds
Lower	Side Leg Raises		4	10	60 Seconds
Core	Bicycle Crunch		4	30 Seconds	60 Seconds
Core	Scissor Kicks		4	30 Seconds	60 Seconds

DAY 3

Group	Movement/Exercise	Notes	Sets	Tempo/Reps	Rest between
Lower/Upper	Burpee		5	10	30 Seconds
Lower/Upper	Low to High Chop		5	12 Each Side	30 Seconds
Cardio	High Knees		5	30 Seconds	30 Seconds
Lower	Sumo Squats		5	10	30 Seconds
Upper	1 Arm Jabs		5	30 Seconds	30 Seconds
Full Body	Jumping Jacks		5	30 Seconds	30 Seconds
Core	Knee Planks		5	30 Seconds	30 Seconds
Core	Leg Raises		5	30 Seconds	30 Seconds

WEEK 2

DAY 1

Group	Movement/Exercise	Notes	Sets	Tempo/Reps	Rest between
Upper	Knee Assisted Shoulder Tap		5	45 Seconds	45 Seconds
Upper	Super Man		5	10	45 Seconds
Upper	Bird Dog		5	10	45 Seconds
Upper	1 Arm Jabs		5	60 Seconds	45 Seconds
Upper	1 Arm Overhead Jabs		5	60 Seconds	45 Seconds
Upper	Tricep Dips (Knees Bent)		5	10	45 Seconds
Core	Knee Planks		4	30 Seconds	60 Seconds
Core	Leg Raises		4	30 Seconds	60 Seconds

DAY 2

Group	Movement/Exercise	Notes	Sets	Tempo/Reps	Rest between
Lower	Bodyweight Squat		5	10	45 Seconds
Lower	Glute Bridge		5	10	45 Seconds
Lower	Pulse Squat		5	10	45 Seconds
Lower	Donkey Kick		5	10	45 Seconds
Lower	Fire Hydrant		5	10	45 Seconds
Lower	Side Leg Raises		5	10	45 Seconds
Core	Bicycle Crunch		4	45 Seconds	60 Seconds
Core	Scissor Kicks		4	45 Seconds	60 Seconds

DAY 3

Group	Movement/Exercise	Notes	Sets	Tempo/Reps	Rest between
Full Body	Burpee		5	8	45 Seconds
Full Body	Low to High Chop		5	12 Each Side	45 Seconds
Full Body	High Knees		5	45 Seconds	45 Seconds
Full Body	Sumo Squats		5	10	45 Seconds
Full Body	1 Arm Jabs		5	45 Seconds	45 Seconds
Full Body	Jumping Jacks		5	45 Seconds	45 Seconds
Core	Knee Planks		5	45 Seconds	60 Seconds
Core	Leg Raises		5	45 Seconds	60 Seconds

WEEK 3

DAY 1

Group	Movement/Exercise	Notes	Sets	Tempo/Reps	Rest between
Upper	Knee Assisted Shoulder Tap		4	30 Seconds	60 Seconds
Upper	Super Man		4	10	60 Seconds
Upper	Bird Dog		4	10	60 Seconds
Upper	1 Arm Jabs		4	45 Seconds	60 Seconds
Upper	1 Arm Overhead Jabs		4	45 Seconds	60 Seconds
Upper	Tricep Dips (Knees Bent)		4	10	60 Seconds
Core	Knee Planks		4	30 Seconds	60 Seconds
Core	Leg Raises		4	30 Seconds	60 Seconds

DAY 2

Group	Movement/Exercise	Notes	Sets	Tempo/Reps	Rest between
Lower	Bodyweight Squat		4	10	60 Seconds
Lower	Glute Bridge		4	10	60 Seconds
Lower	Pulse Squat		4	10	60 Seconds
Lower	Donkey Kick		4	10	60 Seconds
Lower	Fire Hydrant		4	10	60 Seconds
Lower	Side Leg Raises		4	10	60 Seconds
Core	Bicycle Crunch		4	30 Seconds	60 Seconds
Core	Scissor Kicks		4	30 Seconds	60 Seconds

DAY 3

Group	Movement/Exercise	Notes	Sets	Tempo/Reps	Rest between
Lower/Upper	Burpee		4	8	60 Seconds
Lower/Upper	Low to High Chop		4	12 Each Side	60 Seconds
Cardio	High Knees		4	30 Seconds	60 Seconds
Lower	Sumo Squats		4	10	60 Seconds
Upper	1 Arm Jabs		4	30 Seconds	60 Seconds
Full Body	Jumping Jacks		4	30 Seconds	60 Seconds
Core	Knee Planks		4	30 Seconds	60 Seconds
Core	Leg Raises		4	30 Seconds	60 Seconds

WEEK 4

DAY 1

Group	Movement/Exercise	Notes	Sets	Tempo/Reps	Rest between
Upper	Knee Assisted Shoulder Tap		4	30 Seconds	60 Seconds
Upper	Super Man		4	10	60 Seconds
Upper	Bird Dog		4	10	60 Seconds
Upper	1 Arm Jabs		4	45 Seconds	60 Seconds
Upper	1 Arm Overhead Jabs		4	45 Seconds	60 Seconds
Upper	Tricep Dips (Knees Bent)		4	10	60 Seconds
Core	Knee Planks		4	30 Seconds	60 Seconds
Core	Leg Raises		4	30 Seconds	60 Seconds

DAY 2

Group	Movement/Exercise	Notes	Sets	Tempo/Reps	Rest between
Lower	Bodyweight Squat		4	10	60 Seconds
Lower	Glute Bridge		4	10	60 Seconds
Lower	Pulse Squat		4	10	60 Seconds
Lower	Donkey Kick		4	10	60 Seconds
Lower	Fire Hydrant		4	10	60 Seconds
Lower	Side Leg Raises		4	10	60 Seconds
Core	Bicycle Crunch		4	30 Seconds	60 Seconds
Core	Scissor Kicks		4	30 Seconds	60 Seconds

DAY 3

Group	Movement/Exercise	Notes	Sets	Tempo/Reps	Rest between
Lower/Upper	Burpee		4	8	60 Seconds
Lower/Upper	Low to High Chop		4	12 Each Side	60 Seconds
Cardio	High Knees		4	30 Seconds	60 Seconds
Lower	Sumo Squats		4	10	60 Seconds
Upper	1 Arm Jabs		4	30 Seconds	60 Seconds
Full Body	Jumping Jacks		4	30 Seconds	60 Seconds
Core	Knee Planks		4	30 Seconds	60 Seconds
Core	Leg Raises		4	30 Seconds	60 Seconds

WEEK 5

DAY 1

Group	Movement/Exercise	Notes	Sets	Tempo/Reps	Rest between
Cardio/Abs	Burpees		4	30 Seconds	-
Cardio/Abs	Jumping Jacks		4	30 Seconds	-
Cardio/Abs	High Knees		4	30 Seconds	-
Cardio/Abs	Standing Knee to Elbow		4	30 Seconds	-
Core	Bicycle		4	30 Seconds	-
Core	Alternating Leg Lift		4	30 Seconds	-

DAY 2

Group	Movement/Exercise	Notes	Sets	Tempo/Reps	Rest between
Upper	Mini Band Delt Pull		4	10	-
Lower	Mini Band Pulse Squat		4	10	-
Upper	Mini Band Bicep Curl		4	10	-
Lower	Squat Hold Step Out		4	10	-
Upper	Mini Band Tricep Extension		4	10	-
Lower	Standing Glute Kickbacks		4	10	-
Core	Side Planks		4	45 Seconds	60 Seconds
Core	Mountain Climbers		4	45 Seconds	60 Seconds

DAY 3

Group	Movement/Exercise	Notes	Sets	Tempo/Reps	Rest between
Cardio/Abs	Burpees		4	30 Seconds	-
Cardio/Abs	Jumping Jacks		4	30 Seconds	-
Cardio/Abs	High Knees		4	30 Seconds	-
Cardio/Abs	Standing Knee to Elbow		4	30 Seconds	-
Core	Bicycle		4	30 Seconds	-
Core	Alternating Leg Lift		4	30 Seconds	-

WEEK 6

DAY 1

Group	Movement/Exercise	Notes	Sets	Tempo/Reps	Rest between
Cardio/Abs	Burpees		5	30 Seconds	-
Cardio/Abs	Jumping Jacks		5	30 Seconds	-
Cardio/Abs	High Knees		5	30 Seconds	-
Cardio/Abs	Standing Knee to Elbow		5	30 Seconds	-
Core	Bicycle		5	30 Seconds	-
Core	Alternating Leg Lift		5	30 Seconds	-

DAY 2

Group	Movement/Exercise	Notes	Sets	Tempo/Reps	Rest between
Upper	Mini Band Delt Pull		5	10	-
Lower	Mini Band Pulse Squat		5	10	-
Upper	Mini Band Bicep Curl		5	10	-
Lower	Squat Hold Step Out		5	10	-
Upper	Mini Band Tricep Extension		5	10	-
Lower	Standing Glute Kickbacks		5	10	-
Core	Side Planks		4	45 Seconds	60 Seconds
Core	Mountain Climbers		4	45 Seconds	60 Seconds

DAY 3

Group	Movement/Exercise	Notes	Sets	Tempo/Reps	Rest between
Cardio/Abs	Burpees		5	30 Seconds	-
Cardio/Abs	Jumping Jacks		5	30 Seconds	-
Cardio/Abs	High Knees		5	30 Seconds	-
Cardio/Abs	Standing Knee to Elbow		5	30 Seconds	-
Core	Bicycle		5	30 Seconds	-
Core	Alternating Leg Lift		5	30 Seconds	-