

The *New* You

WORKOUT PLAN



DAY		EXERCISES		CYCLES
SUN	REST/ YOGA DAY			
MON	CARDIO	1. 3 mile run/jog 2. 6 mile bike	3. 40 min. elliptical 4. 40 min. spinning bike	Choose 1-2
TUES	ARMS & ABS	ARMS 1. 10 Burpees 2. 10 Dumbbell Bicep Curls 3. 15 Push-Ups 4. 20 Mountain Climbers 5. 15 Tricep Dips 6. 45-second Plank	ABS 7. 40 Mountain Climbers 8. 40 Russian Twists 9. 15 Jackknife Crunches 10. 20 Leg Lifts 11. 45-second Plank	Repeat 2-3 X's; Rest 60-sec. between rounds
WED	CHEST & BACK	1. 12 Dumbbell Chest Presses 2. 12 Bent-Over Rows	3. 15 Push-Ups 4. 15 Dumbbell Shoulder Presses	Repeat 4-5 X's; Rest 60-sec. between rounds
THUR	LEGS & GLUTES	LEGS 1. 10 Jump Squats 2. 40 Walking Lunges 3. 20 Sumo Squats 4. 40 Reverse Lunges 5. 50 Calf Raises	GLUTES 6. 10 Jump Squats 7. 30 Donkey Kicks Right Leg 8. 30 Donkey Kicks Left Leg 9. 20 Sumo Squats 10. 30 Single-Leg Glute Bridge Right Leg 11. 30 Single-Leg Glute Bridge Left Leg	Repeat 2-3 X's; Rest 60-sec. between rounds
FRI	REST DAY			
SAT	CARDIO	1. 3 mile run/jog 2. 6 mile bike	3. 40 min. elliptical 4. 40 min. spinning bike	Choose 1-2

CONGRATULATIONS! You've completed 1 week of this weekly plan. Keep up the good work.

SkinnyMs.[®]