

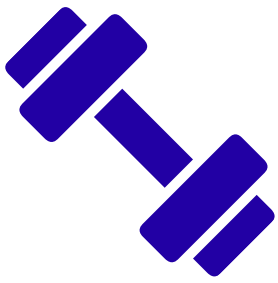
# TOTAL BODY WORKOUT



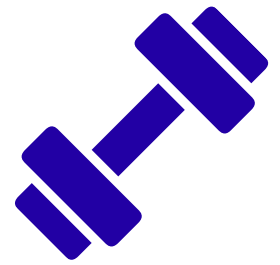
ACTIVITY		TIME	WEIGHT	NOTES
<b>WARM UP</b>	3-7 minutes cardio of your choice			
<b>SET 1</b>	Bicep Hammer Curl to Shoulder Press Tricep Pull Down or Dips 1-Arm Row			
<b>BREAK</b>				
<b>SET 2</b>	Squat and Lateral Leg Lift Reverse Lunge Slide with Band or Disc Plank or Wall Sit			
<b>BREAK</b>				
<b>SET 3</b>	Pushups Sumo Squat into Calf Lift Downward Dog Leg Lifts			
<b>BREAK</b>				
<b>COOL DOWN</b>	Stretch in Downward Dog, Pedaling out feet to stretch calves Go into child's pose to stretch abs and back Downward dog into reverse swan dive	Time per exercise 45sec / 15-20 reps (Last 2 challenging) Time to Switch 15sec / As much as you need Time Between Each Numbered Set 60-90 Sec Perform each set 3 times!		



EACH DAY, I'M A LITTLE BETTER



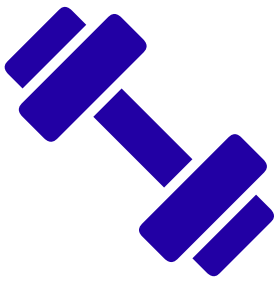
# TOTAL BODY WORKOUT 2



ACTIVITY		TIME	WEIGHT	NOTES
<b>WARM UP</b>	3-7 minutes cardio of your choice			
<b>SET 1</b>	Walking Lunges Tricep Dips Booty Band Squat Add Reverse Leg Lift			
<b>BREAK</b>	Plank Add band toe taps			
<b>SET 2</b>	Side Plank Outer Thigh Lift			
<b>BREAK</b>	Lat Pull Down Band or Cable Machine			
<b>SET 3</b>	Narrow Cross Back Row Isometric Hold Bicep Curls			
<b>BREAK</b>				
<b>COOL DOWN</b>	Stretch Back Chest Hamstrings Quads  Foam Roll Calves Quads Chest IlioPsoas	Time per exercise 45sec/ 15-20 Reps (Last 2 challenging)  Time to Switch 15sec /As much as you need  Time Between Each Numbered Set 60-90 Sec  Perform each set 3 times!		



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# CARDIO INTERVALS



	ACTIVITY	TIME	WEIGHT	NOTES
<b>WARM UP</b>	10 minute+ foam roll			
<b>SET 1</b>	Walk or cycle 7 minutes at moderate pace (50% Effort)  Recover 3 minutes slow (30% Effort)			
<b>BREAK</b>				
<b>SET 2</b>	Walk, Jog, or Cycle 65% for 3 minutes Recover 30 seconds Repeat 3 times			
<b>BREAK</b>				
<b>SET 3</b>	Walk, Jog, or Cycle 85% for 45 seconds Recover 30 seconds Repeat 3 times			
<b>BREAK</b>				
<b>COOL DOWN</b>	Stretch Back Chest Hamstrings Quads  Foam Roll Calves Quads Chest IlioPsoas	You may also do other types of cardio!  Rowing AMT Machine Kayaking Soccer Basketball Lacrosse Dancing		



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