

15 Minutes Fat Burner- each 1 min, repeat if desired

- Fast jumping jacks
 - Burpees
- Walking lunges
- Mountain climbers
 - Dips
 - High knees
 - Squat jumps
 - Pushups
- Wide knee “tire run”
 - Burpees
 - Walking lunges
- Mountain climbers
- Fast jumping jacks
- Fast squats in place
 - Plank

The “Anywhere” Workout

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
-60 sec planks each side (R,C,L) -20 lunges each side -10 burpees	-10 pushups -30 crunches (2 sets) -10 burpees -30 sec plank each side -10 lunges each side	-20 lunges each side -60 sec center plank -30 crunches -20 push ups -30 bicycles	-10 pushups -10 bicycles -60 second center plank -10 burpees -10 lunges REPEAT	-20 burpees -10 pushups -10 lunges each side -30 bicycles -60 sec center plank	-5 lunges each side -10 pushups -10 burpees REPEAT 3 TIMES	REST UP FOR NEXT WEEK

Quick Set-repeat if desired

- 50 crunches
- 25 jumping jacks
 - 20 lunges
- 10 tricep dips
 - 5 push ups
- 50 bicycles
- 5 burpees
- 20 squats
- 25 high knees

Fat Shredder HIIT- each 45 seconds,15 second rest in between each set, repeat 4x

1. Jumping jacks
2. Mountain climbers
3. Skipping rope
4. Fast squats
5. Butt kicks
6. Burpees
7. Squat jumps

Spartan Beginner Training

Monday	Tuesday	Wednesday	Thursday	Friday
5 min light jog	7 min light jog	8 min light jog	9 min light jog	10 min light jog
25 jumping jacks 25 situps 25 lunges 30 sec jog 25 squats 1 min jump rope 30 sec high knees 30 sec center plank	25 burpees 25 air punches 25 arm circles 15 sec sprint 25 bicep curls 30 sec jog 25 tricep dips 25 pushups	30 sec high knees 30 sec wall sit 30 sec jog 30 sec center plank 25 calf raises 1 min jump rope 30 sec butt kicks 25 situps	25 tricep dips 25 pushups 25 jumping jacks 30 situps 50 air punches 25 burpees 30 sec center plank 1 min jog	25 lunges 1 min wall sit 2 min hula hoop 25 situps 25 squats 1 min jump rope 1 min center plank 1 min jog
5 min light jog ,10 min stretch,	7 min light jog ,10 min stretch	8 min light jog ,10 min stretch	9 min light jog, 10 min stretch	10 min light jog, 10 min stretch

Weekly Summer Workout

Monday= RUN/ARMS/ABS

Tuesday= RUN/ARMS/LEGS

Wednesday= RUN/ABS/LEGS

Thursday= RUN/ARMS/ABS

Friday= RUN/ARMS/ABS

Saturday= ARMS/ABS/LEGS

Sunday= RUN/ARMS/LEGS

SUMMER ARM WORKOUT	20 pushups, 20 triangle push ups,40 air punches, 20 simultaneous arm lifts, 20 push ups, 20 triangle push ups
SUMMER LEG WORKOUT	20 squats, 50 sec wall sit, 30 lunges, 40 sumo squats, 20 calf raises, 30 leg raises, 50 sec wall sit, 20 squats, 100 jumping jacks
SUMMER AB WORKOUT	20 crunches, 20 left crunches, 20 cross-crunches, 20 right side crutches, 40 oblique twists, 20 lower leg lifts, 20 V-ups, 20 crutches, 1 min center plank

Total Fat Burning Zero-60 Workout- repeat 4x, rest 1 min between repeats,

- 10 burpees
- 20 squats
- 30 alternating lunges
- 40 crunches (toe touches)
- 50 jumping jacks
- 60 second plank

**follow with cardio or stretching*

Four Week Workout

Week One	Week Two	Week Three	Week Four
1. 20 jumping jacks, 10 crunches, 10 squats, 5 push ups	1. 25 jumping jacks, 15 crunches,15 squats, 7 push ups	1. 30 jumping jacks,20 crunches, 20 squats, 9 push ups	1. 35 jumping jacks , 25 crunches, 25 squats, 11 pushups
2. 20 high knees, 10 sec plank, 10 lunges, 5 push ups	2. 25 high knees, 15 sec plank, 15 lunges, 7 push ups	2. 30 high knees, 20 sec plank, 20 lunges, 9 push ups	2. 35 high knees, 25 sec plank, 25 lunges, 11 push ups
3. 20 jumping jacks, 10 crunches, 10 squats, 6 push ups	3. 25 jumping jacks, 15 crunches, 15 squats, 8 push ups	3. 30 jumping jacks, 20 crunches, 20 squats, 10 push ups	3. 40 jumping jacks, 25 crunches, 25 squats, 12 push ups
4. 20 high knees, 10 sec plank, 10 lunges, 6 push ups	4. 25 high knees, 15 sec plank, 15 lunges, 8 push ups	4. 30 high knees, 20 sec plank, 20 lunges, 10 push ups	4. 40 high knees, 25 sec plank, 25 lunges, 12 push ups
5. 10 burpees, 15 crunches, 15 squats, 10 plank jacks	5. 15 burpees, 20 crunches, 20 squats, 15 plank jacks	5. 20 burpees, 25 crunches, 25 squats, 20 plank jacks	5. 20 burpees, 30 crunches, 30 squats, 25 plank jacks
6. 3 min jog, 10 min stretch	6. 4 min jog in place, 10 minute stretch	6. 4 min jog, 10 min stretch	6. 5 min jog, 10 min stretch
7. REST DAY	7. REST DAY	7. REST DAY	7. REST DAY

**lunges are each side and planks are center*

Beginner Fitness Guide- planks are center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20 jumping jacks, 15 squats, 15 crunches, 10 push ups, 20 sec plank, 15 min walk	20 jumping jacks, 15 step ups, 15 crunches, 25 mountain climbers, 20 sec plank, 15 min walk	10 burpees, 20 sec wall sit, 20 crunches, 25 mountain climbers, 25 sec plank, 15 min walk	20 minute walk	30 jumping jacks, 20 walking lunges, 20 ab bikes, 15 tricep dips, 25 sec plank, 20 min walk	12 burpees, 20 squats, 20 straight leg sit ups, 12 push ups, 30 sec plank, 20 min walk	25 minute walk

30 LITTLE BLACK DRESS CHALLENGE									
1	30 sec plank 10 mountain climbers 10 press ups	2	20 jumping jacks 10 burpees 10 high knees	3	20 squats 20 lunges 20 bridges	4	REST DAY	5	40 sec plank 15 tricep dips 20 mountain climbers
6	25 jumping jacks 20 burpees 20 high knees	7	25 bridges 30 squats 30 lunges	8	REST DAY	9	60 sec plank 25 tricep dips 25 mountain climbers	10	30 jumping jacks 30 burpees 30 high knees
11	30 bridges 30 squats 30 lunges	12	REST DAY	13	70 sec plank 30 tricep dips 30 mountain climbers	14	35 jumping jacks 35 burpees 35 high knees	15	35 bridges 35 squats 35 lunges
16	REST DAY	17	80 sec plank 40 tricep dips 40 mountain climbers	18	40 jumping jacks 40 burpees 40 high knees	19	40 bridges 40 squats 40 lunges	20	REST DAY
21	90 sec plank 45 tricep dips 40 mountain climbers	22	45 jumping jacks 45 burpees 45 high knees	23	45 bridges 45 squats 45 lunges	24	REST DAY	25	100sec plank 50 tricep dips 50 mountain climbers
26	50 jumping jacks 50 burpees 50 high knees	27	50 bridges 50 squats 50 lunges	28	REST DAY	29	60 tricep dips 60 mountain climbers 60 jumping jacks	30	60 high knees 60 squats 60 lunges