



Workout Plan



Maintain Progress

2 Corinthians 3:18

WORKOUT PLAN

Workout 1: Leg Focus

Warm Up:

Bodyweight Squats/ Jumping Jacks/ Knee Extensions

Supersets:

[PICK 2 & DO 4 SETS OF 8 REPS EACH EXERCISE]

1. Squats / Plank / Calf Raises
2. Wall Sit / Plank / Walking Lunges
3. Band “Good Morning” / Side Plank / Band Hip Thrusts

Circuit:

[2-3 TIMES THROUGH]

8 Jump Squats
8 Walking Lunges
30 Second Wall Sit

Cool Down:

Legs stretching routine

Consistency in the small things yeilds compounding results.

WORKOUT PLAN

Workout 2: Chest/Triceps

Warm up:

Jumping Jacks/External Rotations/Warm-Up Set

Supersets:

[PICK 2 & DO 4 SETS OF 8 REPS EACH EXERCISE]

1. Chest Press/Crunch Taps/Overhead Extension
2. Pushups/Crunch Taps/ Triceps Dips
3. Standing 1 Arm Chest Fly/Crunch Taps/Tricep Pulldowns

Finisher:

Pushup until failure

Circuit:

[2-3 TIMES THROUGH]

- 8 Mountain Climbers
- 8 Jump Squats
- 8 Bicycles
- 8 Burpee
- 8 High Knees

Cool Down:

Stretching Routine-Chest, Triceps, and Shoulders

Consistency in the small things yeilds compounding results.

WORKOUT PLAN

Workout 3: Back/Biceps

Warm up:

Front Raise Jacks/Shoulder Circles/ External Rotations/Warm-Up Set

Supersets:

[PICK 2 & DO 4 SETS OF 8 REPS EACH EXERCISE]

1. Band Curl/Upper Torso “O’S”/Single Arm Row
2. Arm Back Curls/Superman/Lat Pulldown
3. Hammer Curl/3x3 Leg Lift/“T” Raises

Circuit:

Plank Row/Burpee Pyramid

Cool Down:

Stretching routine- Stretch back, shoulders and forearms

Consistency in the small things yeilds compounding results.

WORKOUT PLAN

Workout 4: Shoulders

Warm up:

Front Raise Jacks/Shoulder Circles/External Rotations/
Warm-Up Set

Supersets:

[PICK 2 & DO 4 SETS OF 8 REPS EACH EXERCISE]

1. Shoulder Press/Band Cross Crunch/ Standing Rear Delt Row
2. Shrug/Band Cross Crunch/ Raise (side, front, cross)
3. Shoulder 5x5/Standing Elbow-Knee/ Stair Incline Pushups

Circuit:

[2-3 TIMES THROUGH]

- 8 Skier Jump Burpee
- 8 Drunken Mountain Climbers
- 8 Burpee
- 30 Second Plank

Cool Down:

Stretching Routine- Stretch Shoulders

Consistency in the small things yeilds compounding results.