



DAY 1 WORKOUT

LEGS AND ABS EXERCISES

Instructions: Keep head in alignment with spine at all times. Keep core engaged and knees slightly bended. Breathe out on the positive part of the exercise and exhale on the negative (as you release). Focus on the muscle you are working by feeling the muscles squeeze.

Superset – Pick one leg exercise and one ab exercise. Perform 1 set of each, and then start over. This is called a superset

Depending on your fitness level perform 1-3 sets of each exercise with 12-15 repetitions.

LEG EXERCISE

1. SQUATTED BAND WALKS

Sit back on your heels in a squat position, keeping your chest up. Starting on your left side, take a big step out to the side. Keep the resistance tight in the band to feel your inner and outer thigh working. Continue until you reach 15-20 reps, and then go in the other direction (right leg leading) until you reach 15-20 reps.



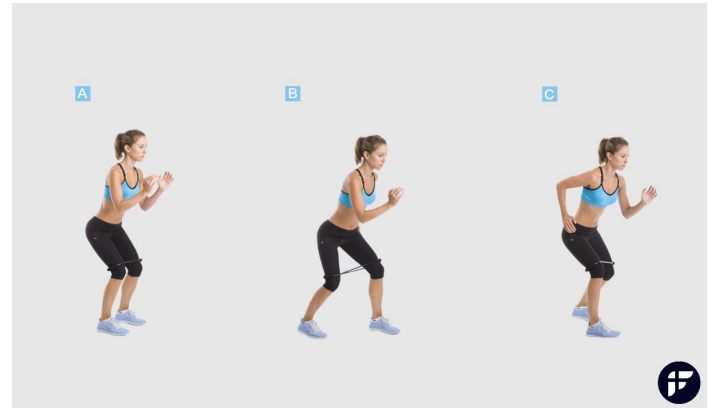
2. BAND KICK BACKS

Put a band around your ankles and hold on to something in front of you for support. Kick one leg back and focus on your glutes tightening. Flex the glutes on the extension. Keep your balancing leg slightly bent. Do 15-20 reps on each leg.



3. FORWARD WALKS WITH BAND

Put a band around your thighs. Start with both feet together and knees slightly bent. Start walking forward, taking as long of a stride as possible. Alternate with each step until you reach 20-30 steps. Doing 10 to 15 reps on each leg.



4. PRISONER SQUATS

Stand with your feet hip-width apart and place your fingers on the back of your head, pulling your elbows and shoulders back and sticking your chest out. Lower your body as far as you can by pushing your hips back and bending your knees, keeping your torso upright and your core tight. Pause, then slowly push yourself back to the starting position. Repeat until you hit failure around 15-20 repetitions.



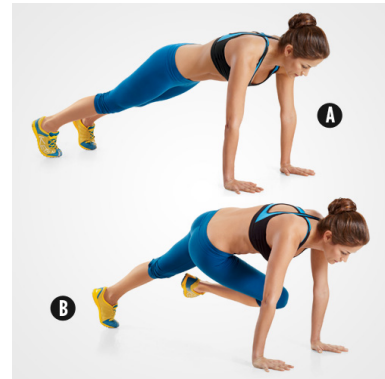
ABS

Instructions: Keep head in alignment with spine at all times. Breathe out as you do the crunch part of the exercise bringing your belly button to your spine. Then inhale as you release.

Perform 2-3 sets of each exercise with 15-20 repetitions

1. PLANK ALTERNATE KNEES

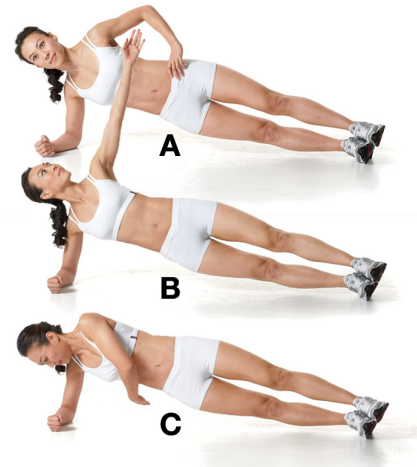
Get in a plank position on your hands. Holding the core tight and keeping your body in a straight alignment bring your right knee in towards your left arm. Alternate knees until you reach failure and can no longer hold proper form.



2. SIDE PLANK WITH ROTATION

Lie on your side with one foot on top of the other. Keep elbow under shoulder (to make this harder you can do this on your hand). Keeping your body in one line take your top arm and reach under your body and then reach towards the ceiling. Hold the core tight during the entire exercise.

Perform 10-15 on each side.



3. BICYCLES CRUNCHES

Lie face up on the floor, bring knees up and reach your right elbow to your left knee. Alternate twisting to the other side as you reach for your right knee. Continue alternating from side to side until you can go no more.





DAY 2 WORKOUT

ARM EXERCISES – BICEPS & TRICEPS

Instructions: Keep head in alignment with spine at all times. Keep core engaged and knees slightly bended. Breathe out on the positive part of the exercise and exhale on the negative (as you release). Focus on the muscle you are working by feeling the muscles squeeze.

Superset – Pick one Bicep exercise and one Tricep exercise. Perform 1 set of each, and then start over. This is called a superset

Depending on your fitness level perform 1-3 sets of each exercise with 12-15 repetitions.

1. STANDING BICEP CURLS

Choose a band where you can get 12-15 reps with each set. Stand with band under both feet, keep knees slightly bent, core tight, and chest lifted. Grip the handles and start doing a bicep curl. As you curl up, squeeze your biceps at the top of the movement, and then lower holding the resistance for a count of three. Repeat until you hit failure around 12-15 repetitions.



2. STANDING OVERHEAD TRICEPS EXTENSIONS

Hook the band around something secure. Take each handle into your hands and face away from where the band is secured.

Take a staggered stance with your feet and lean forward on your front foot. Keep the body in a tight position with core tight and chest up. Only move your forearms by extending them forward over your head and squeezing your triceps. Bend them back, feeling the stretch in the forearms, and extend again. Repeat until you hit failure around 12-15 repetitions.



4. STANDING ONE ARM FORWARD BICEP CURL

Hook the band under your front foot. Take both handles into one hand keeping the core tight and chest high and begin doing a bicep curl. As you curl up, squeeze your biceps at the top of the movement, then lower, holding the resistance for a count of three. Repeat until you hit failure around 12-15 repetitions.



5. LYING FACE UP TRICEPS EXTENSION

Hook the band around something secure. Lay on the floor and take the handles into your hands. Bend at the elbows releasing the tension of the bands, bringing your hands back by your ears. Then, extend the arms and squeeze the triceps. Repeat until you hit failure around 12-15 repetitions.



6. STANDING ALTERNATING BICEP CURL

Stand with the band under both feet, keep knees slightly bent, core tight and chest lifted. Grip the handles and start doing a bicep curl with one arm. As you curl up, squeeze your bicep at the top of the movement, then lower, holding the resistance for a count of three, and starting the bicep curl with the other arm. Repeat until you hit failure around 12-15 repetitions.



7. TWO ARM TRICEPS KICKBACK

Hook the band around something secure. Take the handles into your hands. Bend slightly over at the hips, keeping the core tight and chest lifted. Only bend at the elbows, bringing the forearms forward, then extend them back and flex the triceps on top of the movement. Repeat until you hit failure around 12-15 repetitions.





DAY 3 WORKOUT

BACK, SHOULDERS & CHEST EXERCISES

Instructions: Keep head in alignment with spine at all times. Keep core engaged and knees slightly bended. Breathe out on the positive part of the exercise and exhale on the negative (as you release). Focus on the muscle you are working by feeling the muscles squeeze.

Superset – Pick one back exercise and one chest exercise. Perform 1 set of each, and then start over. This is called a superset

Depending on your fitness level perform 1-3 sets of each exercise with 12-15 repetitions.

BACK

1. BENT OVER ROWS

Stand with the band under both feet. Bend at the hips, keeping your knees slightly bent, core tight and chest lifted. Grip the handles and start doing a row by engaging through the center back muscles. As you row up, keep elbows close to the body and squeeze your rhomboids (the muscles in the center of your back). As you release and lower, hold the resistance for a count of three. Repeat until you hit failure around 12-15 repetitions.



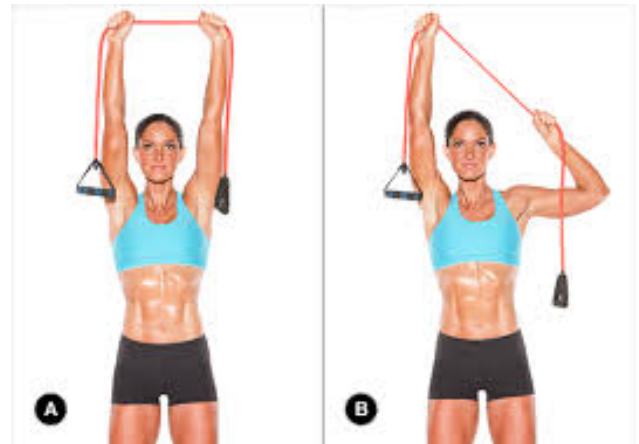
2. SITTING ROWS

Sit on the floor with your legs straight, core tight, and chest lifted. Grip the handles and start doing a row by engaging through the center back muscles. As you row, keep elbows close to the body and squeeze your rhomboids (the muscles in the center of your back). As you release and hold the resistance for a count of three. Repeat until you hit failure around 12-15 repetitions.



3. ALTERNATING LAT PULL DOWN

Standing with your knees slightly bent, holding the band with a close grip overhead. Take one arm and pull it down with the focus on your lats doing the pull. Feel the lat squeeze on the bottom and then slightly release the tension bringing the arm back for a count of three. Do 12-15 reps on one side and then repeat on the other side.



SHOULDERS

1. UPRIGHT ROWS

Stand with the band under both feet, keeping your knees slightly bent, core tight, and chest lifted. Cross the bands so you are holding them in opposite hands. Grip the handles and start doing an upright row by lifting with the elbows first. Feel the shoulder tighten at the top of the movement. Bring the elbows to shoulder height so there is no shoulder impingement. As you release and lower, hold for a count of three. Repeat until you hit failure around 12-15 repetitions.



2. LATERAL RAISE

Stand with the band under both feet, keeping your knees slightly bent, core tight, and chest lifted. Hold each handle in your hands and start lifting the arms out to the side of the body up to shoulder height so there is no shoulder impingement. As you release and lower, hold for a count of three. Repeat until you hit failure around 12-15 repetitions.



3. REAR DELT FLIES

Stand with the band under both feet, keeping your knees slightly bent, bend over at the hips, keeping your core tight and chest lifted. Cross the bands so you are holding them in opposite hands. Grip the handles and start lifting arms towards your rear deltoid in your shoulders. Feel the rear deltoid shoulder tighten at the top of the movement. You will need to stay bent over to target the rear deltoid. As you release and lower, hold for a count of three. Repeat until you hit failure around 12-15 repetitions.



CHEST

1. CHEST PRESS

Hook the band around something secure. Take each handle into your hands and face away from where the band is secured. Take a staggered stance with your feet and lean forward on your front foot. Keep your body in a tight position with core tight and chest lifted. Press the band forwards with focus on your chest doing the press, squeezing your chest when the bands are all the way in front of you. Release and return to the starting position with a count of three. Repeat until you hit failure around 12-15 repetitions.



2. PUSHUPS ON FEET OR KNEES

If possible, start on your feet and do as many pushups as possible. If you can't do so many, drop to your knees and continue. Make sure your body stays in a straight line and your glutes are not sticking up in the air. Your goal is do a total of 20 pushups on your feet. If you aren't there yet, make sure to always start on your feet so that you continually build strength.

