

SAMPLE DAY

LEGS and ABS

Exercise	Sets and Reps	Wk 1	Wk 2	Wk 3	Wk 4
Back Squat	4 x 15				
Single Leg Squat	4 x 15 each				
Walking Lunge	4 x 15 each				
Glute Bridge	4 x 15				
Box/Bench Step-Up	4 x 15 each				
Crunches	4 x 30				
Plank (elbows or hands)	4 x 1 minute				
Flutter Kick	4 x 15 each				
Bicycle Crunch	4 x 15 each				
V-Sits	4 x 30 seconds				

TODAY'S CARDIO=HIIT Training

5 minutes of warm up

10 rounds--30 seconds of HARD work (jump rope, sprint/walk, bike, row, whatever!) with 1 minute recovery

5 minutes of cool down