

Monday	Tuesday	Wednesday	Thursday	Friday
20-30min. HARD Cardio <u>LEGS</u> -Squats 2 x 12 -Hamstring Curls 2 x 12 -Quad Raises 2 x 12 <u>ARMS</u> -Arm Curls 2 x 12 -Tricep Pushups 2 x 12 -Side Raises 2 x 10 -Front Raises 2 x 10 -Bent Arm Raises 2 x10 -Bent Flies 2 x 10 <u>ABS</u> (4min cont. 30sec ea.) - Crunches - Bicycles - V Ups - Sit ups - Flutter Flies - Alternating V Ups - Plank	<i>OFF DAY (Use for stretching, yoga, or other physical activity, no weight training)</i>	20-30min. MOD. Cardio <u>LEGS</u> -Squats 2 x 12 -Hamstring Curls 2 x 12 -Quad Raises 2 x 12 <u>ARMS</u> -Arm Curls 2 x 12 -Tricep Pushups 2 x 12 -Side Raises 2 x 10 -Front Raises 2 x 10 -Bent Arm Raises 2 x10 -Bent Flies 2 x 10 <u>ABS</u> (4min cont. 30sec ea.) - Crunches - Bicycles - V Ups - Sit ups - Flutter Flies - Alternating V Ups - Plank - Back Extensions	<i>OFF DAY (Use for stretching, yoga, or other physical activity, no weight training)</i>	20-30min. HARD Cardio <u>LEGS</u> -Squats 2 x 12 -Hamstring Curls 2 x 12 -Quad Raises 2 x 12 <u>ARMS</u> -Arm Curls 2 x 12 -Tricep Pushups 2 x 12 -Side Raises 2 x 10 -Front Raises 2 x 10 -Bent Arm Raises 2 x10 -Bent Flies 2 x 10 <u>ABS</u> (4min cont. 30sec ea.) - Crunches - Bicycles - V Ups - Sit ups - Flutter Flies - Alternating V Ups - Plank