

Physical >>

LIVING
and
ACTIVE

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Living and Active: Workout Guide Weeks 4-5

See blog for detailed info and modifications on each exercise!

Workout 1:	31:17 Arms {Printable} "Your Choice" Cardio: 20 minutes
Workout 2:	52:7 Lower Body {Printable} Cardio Burst #2: {Video} Party Rock Legs and Abs x2 Ab Routine #2 {Printable}
Workout 3:	31:17 Arms {Printable} "Your Choice" Cardio: 20 minutes
Workout 4:	52:7 Lower Body {Printable} Cardio Burst #1: {Video} Jacks/Climbs/Steps x2 Ab Routine #2 {Printable}

Suggested Guidelines:

- 1.) Warm-up before diving into these!
- 2.) Do not allow 3 days to go in between workouts
- 3.) Do not do strength training on back to back days.