

WEEKLY WORKOUT

MONDAY

Repeat 2–5 times

10 push ups
20 squats
1 minute glute bridge

TUESDAY

Repeat 2–5 times

10 weighted dumbbell burpees
10 weighted squats
10 lunges with overhead press (each side)

WEDNESDAY

Repeat 2–5 times

1 minute weighted glute bridge
1 minute side bridge (both sides)
1 minute supermans
1 minute plank
1 minute squat

THURSDAY

Repeat 2–5 times

10 push ups
20 squats
1 minute glute bridge

FRIDAY

Repeat 2–5 times

10 weighted dumbbell burpees
10 weighted squats
10 lunges with overhead press (each side)

SATURDAY

Repeat 2–5 times

1 minute weighted glute bridge
1 minute side bridge (both sides)
1 minute supermans
1 minute plank
1 minute squat
RUN 30 MINUTES!

SUNDAY

Repeat 2–5

Rest & Stretch

