

WEEK 3

2014

STRENGTH & CORE

GOAL: LOSE A DRESS SIZE IN 4 WEEKS

EQUIPMENT: TOTAL GYM, BALL

Perform each exercise in circuit format for 15-20 reps. Repeat circuit 2-3 xs through. Medium incline, cable connected.

* Each Strength & Core day will add on more exercises and advanced options.

DAY 1

1. Arm Circles
2. Tricep Extensions
3. Plank Reaches
4. Back Extensions (Ball)
5. Reverse Lunges (Ball)

REPEAT 2-3 xs

DAY 2

1. Arm Circles Knees Up
2. Tricep Extensions
3. Plank Reaches
4. Back Extensions (Ball)
5. Reverse Lunges (Ball)

6. Pikes (Ball)

7. Serving

REPEAT 2-3 xs

DAY 3 (1 more level)

1. Arm Circles Legs Ext.
2. Tricep Extensions
3. Plank Reaches
4. Back Extensions (Ball)
5. Reverse Lunges (Ball)

6. Pikes (Ball)

7. Serving

8. Cable Outer Thighs

9. Glute Presses

REPEAT 2-3 xs

* **Cardio Days: Take 5 minutes to do the following; Plank Holds 1 min., 10 Push-Ups, 20 Back Extensions. Repeat 2xs.**

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
STRENGTH & CORE CARDIO 30 min	CARDIO 45- 60 min	STRENGTH & CORE CARDIO 30 min	CARDIO 45- 60 min	STRENGTH & CORE CARDIO 30 min	CARDIO 45-60 min	REST
STRENGTH & CARDIO CARDIO 30min	CARDIO 45-60 min	STRENGTH & CARDIO CARDIO 30min	CARDIO 45-60 min	STRENGTH & CARDIO CARDIO 30min	CARDIO 45-60 min	REST
STRENGTH & CORE CARDIO 30 min	CARDIO 45-60 min	STRENGTH & CORE CARDIO 30 min	CARDIO 45-60 min	STRENGTH & CORE CARDIO 30 min	CARDIO 45-60 min	REST

Refer to the video for exercise demonstrations.

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