

# WEEK 4

2014

STRENGTH, CORE, & CARDIO

**GOAL: LOSE A DRESS SIZE IN 4 WEEKS**

**EQUIPMENT: TOTAL GYM, HAND WEIGHTS, BALL**

Perform each exercise in circuit format for 15-20 reps. Repeat circuit 1-2 xs through. Medium incline, cable connected.

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

<p><b>DAY 1</b></p> <ol style="list-style-type: none"> <li>1. Plié Arm Raises (weights)</li> <li>2. Squat Jack Press (weights)</li> <li>3. Back Extensions (Ball)</li> <li>4. Frogs (Ball)</li> <li>5. Surfer Row (TG)</li> <li>6. Biceps/ Triceps (TG)</li> </ol> <p><b>REPEAT 1-2 xs</b></p>	<p><b>DAY 2</b></p> <ol style="list-style-type: none"> <li>1. Plié Arm Raises (wt)</li> <li>2. Squat Jack Press (wt)</li> <li>3. Back Extensions (Ball)</li> <li>4. Frogs (Ball)</li> <li>5. Surfer Row (TG)</li> <li>6. Biceps/ Triceps (TG)</li> <li>7. Angel (TG)</li> <li>8. Seated Punches (TG)</li> </ol> <p><b>REPEAT 1-2 xs</b></p>	<p><b>DAY 3 (1 more level)</b></p> <ol style="list-style-type: none"> <li>1. Plié Arm Raises (wt)</li> <li>2. S. Jack Press (wt)</li> <li>3. Back Ext (Ball)</li> <li>4. Frogs (Ball)</li> <li>5. Surfer Row (TG)</li> <li>6. Biceps/ Triceps (TG)</li> <li>7. Angel (TG)</li> <li>8. Seated Punches(TG)</li> <li>9. Pikes (TG)</li> <li>10. Plank Reaches(TG)</li> </ol> <p><b>REPEAT 1-2 xs</b></p>
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\* 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 45- 60 min	STRENGTH & CORE Cardio 30 min	CARDIO 45-60 min	REST
STRENGTH & CARDIO CARDIO 30 min	CARDIO 45-60 min	STRENGTH & CARDIO CARDIO 30 min	CARDIO 45-60 min	STRENGTH & CARDIO CARDIO 30 min	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
STRENGTH, CORE & CARDIO CARDIO 30min	CARDIO 45-60 min	STRENGTH, CORE & CARDIO CARDIO 30min	CARDIO 45-60 min	STRENGTH, CORE & CARDIO CARDIO 30min	CARDIO 45-60 min	REST

Refer to the video for exercise demonstrations.  
[www.aroovsweat.com](http://www.aroovsweat.com)