

WEEK 1

2014

STRENGTH & CORE CIRCUIT

GOAL: LOSE A DRESS SIZE IN 4 WEEKS

EQUIPMENT: TOTAL GYM

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. **Changes are highlighted in BOLD.**

DAY 1

1. Pull Over Crunch
2. Seated Twist
3. Surfer Row
4. Bicep/ Row
5. Rev. Lunge Twists
6. Plank Knee Tucks
7. Plié Pulses

REPEAT 1-2 xs

DAY 2

- 1. Pull Over Crunch legs extended**
- 2. Kneeling Twist**
3. Surfer Row
4. Bicep/ Row
- 5. Rev. Lunge Twists Repeaters**
6. Plank Knee Tucks
- 7. Plié Pulses on toes**
8. Dips
9. Knees in/out

REPEAT 1-2 xs

DAY 3 (Increase Level)

1. Pull Over Crunch
- 2. Kneel Diagonal Twist**
3. Surfer Row
- 4. Bicep/ Row Pulses**
5. Rev. Lunge Twists Repeaters
- 6. Plank Pike Ups**
- 7. Plié Pulse Jumps**
8. Dips
9. Straight Leg Raises
10. Squat Taps

REPEAT 1-2 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		STRENGTH & CORE		STRENGTH & CORE		
CARDIO 30 min	CARDIO 45- 60 min		CARDIO 45- 60 min	CARDIO 30 min	CARDIO 45-60 min	REST

Refer to the video for exercise demonstrations.
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