



# WORKOUT LOG

## Weeks 1 - 2: Bodyweight

		Moves – 30 seconds each
Upper Body + Core	Block 1	In & Out Goal Posts
		Tricep Dips
		Elevated Planks with Chair
	Block 2	Knee Push-Ups to Y-Lifts
		Superwomans/Supermans
		Shoulder Taps
	Block 3	Tricep Pulses
		Bicep Squeezes
		Reverse Crunches with Heel Taps
Lower Body	Block 1	Wall Sits
		Tibialis Raises
		Wall Bridges
	Block 2	Side-to-Side Lunges with Holds
		Sumo Squats with Heel Lifts
		Glute Bridges with Crunches
	Block 3	Alternating Single Leg Extensions
		Calf Raises
		Seated Good Mornings
Total Body	Block 1	Walking Burpees
		Chair Squats to Arm Reaches
		Tricep Push-Ups with Mountain Climbers
	Block 2	Dips to Knee Tucks
		Push-Ups to Downward Dogs
		Hip Flexor Knee Tucks
	Block 3	Left Reverse High Lunges
		Right Reverse High Lunges
		Glute Bridges to Crunches

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## Weeks 3 - 4: Bands

		Moves – 40 seconds each
Upper Body + Core	Block 1	Banded In & Out Goal Posts
		Banded Knee Tucks & Y-Crunches
	Block 2	Seated Rows with Handlebar Bands
		Banded Scissors to Criss Crosses
	Block 3	Banded Side Bicep Pulses
		Banded Tricep Pulses
		Bonus Finisher: Knee Push-Ups
Lower Body	Block 1	Banded Wall Sits
		Banded Wall Bridges
	Block 2	Left Banded Standing Knee Tuck & Holds
		Right Banded Standing Knee Tuck & Holds
	Block 3	Banded Alternating Single Leg Extensions
		Banded Crab Walks
		Bonus Finisher: Banded Chair Abductors
Total Body	Block 1	Banded Downward Dogs to Tricep Push-Ups
		Banded Chair Squats with Arm Reaches
	Block 2	Banded Bicep Curls to Planks
		Banded Side Steps to Upright Rows
	Block 3	Banded Jumping Jacks
		Banded Leg Presses with Rows
		Bonus Finisher: Ultimate Burpees

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## Weeks 5 - 6: Dumbbells

		Moves
Upper Body + Core (30 sec)	Block 1	Dumbbell Alternating Double Bicep Curls
		Dumbbell Shoulder Presses
		Dumbbell Sit-Ups
	Block 2	Single to Double Bent Over Dumbbell Rows
		Dumbbell Chest Presses
		Plank with Dumbbell Crossovers
	Block 3	Lateral to Front Dumbbell Raises
		Sunshine Back Exercises
		Around the Worlds with Dumbbell
Lower Body (30 sec)	Block 1	Dumbbell Deadlifts
		Dumbbell Right High Lunges to Tap Back Lifts
		Dumbbell Left High Lunges to Tap Back Lifts
	Block 2	Dumbbell Sumo Squats
		Dumbbell Hamstring Curls
		Dumbbell Frog Bridges
	Block 3	Seated Good Mornings
		Dumbbell Front Squats with Chair
		Dumbbell Calf Raises
Total Body (40 sec each)	Block 1	Dumbbell Seated Tricep Extensions
		Dumbbell Squats to Shoulder Presses
	Block 2	Dumbbell Planks to 5 Hammer Curls
		Dumbbell Sumo Squats to Bicep Curls
	Block 3	Dumbbell Bent Over Row Ladders to Planks
		Dumbbell Chest Presses with Bridges
		Bonus Finisher: Manmakers

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