

# Workout: Upper Body + Core

Your workout consists of "supersets." You'll perform all exercises within each set (Ex: A1, A2, etc) back to back, then take a 60-90 second rest and repeat. Complete all sets/reps within a superset before moving on to the next superset. Please ensure you warm up for a minimum of 5 minutes before you begin your workout. Keep track of which weights you use for each exercise and work to increase your weights. To view a demo simply click on the title of each exercise. Any questions just email me!

## Set 1

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### A1 PUSH UP'S (KNEES)

Sets: 3  
Reps: 8

### A2 ALTERNATING SHOULDER PRESS

Sets: 3  
Reps: 10 (EACH ARM)

## Set 2

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### B1 BENT OVER ROW

Sets: 3  
Reps: 10

### B2 UPRIGHT ROW

Sets: 3  
Reps: 10

## Set 3

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### C1 BICEPS 1 + 1/2

Sets: 2  
Reps: 8

### C2 TRICEP OVERHEAD EXTENSION

Sets: 2  
Reps: 8

## Set 4

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### D1 DEAD BUG

Sets: 3  
TIMED 1:00 SEC

### D2 BICYCLE CRUNCHES OR MODIFIED VERSION

Sets: 3  
TIMED :30 SEC

### D3 SUPERMAN

Sets: 3  
Reps: 8

# Workout: Lower Body + Core

Your workout consists of "supersets." You'll perform all exercises within each set (Ex: A1, A2, etc) back to back, then take a 60-90 second rest and repeat. Complete all sets/reps within a superset before moving on to the next superset. Please ensure you warm up for a minimum of 5 minutes before you begin your workout. Keep track of which weights you use for each exercise and work to increase your weights. To view a demo simply click on the title of each exercise. Any questions just email me!

## Set 1

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### A1 SUMO SQUATS

Sets: 3

Reps: 12

### A2 STATIONARY LUNGES

Sets: 3

Reps: 8

## Set 2

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### B1 DEADLIFTS

(Maintain a flat back, you should feel this in the back of your legs)

Sets: 3

Reps: 10

### B2 CALF RAISES

(Can use the calf machine if you prefer)

Sets: 3

Reps: 10

## Set 3

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### C1 GLUTE RAISES

Sets: 2

Reps: 8

### C2 LOW CORE PRESS

Sets: 3

TIMED :30 SEC

## Set 4

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### D1 SIT UP PRESS

Sets: 3

TIMED :30 SEC

### D2 SUPERMAN

Sets: 3

Reps: 8