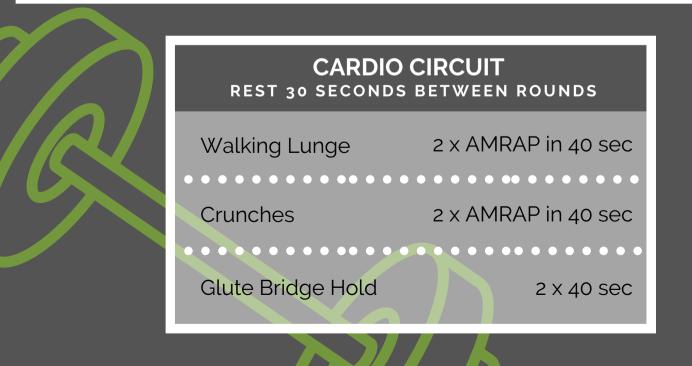




TODAY'S WORKOUT IS BOTH LOWER BODY AND CARDIO FOCUSED. IT'S GOING TO BE CHALLENGING, BUT KEEP PUSHING!

ORDEF	R EXERCISE	SETS & REPS	REST
1	Bodyweight Squat (try to go as low as possible!)	3 × 15	60 sec
• • • • •	• • • • • • • • • • • • • • • • •	•••••	• • • • • • • •
2	Stair/Chair Step-Ups	3 x 20 each	45 sec
• • • • •		•••••	• • • • • • • •
3	Glute Bridge (pause for 2 sec at the top and squeeze)	3 × 15	45 sec



UPPER BODY FOCUS

KEEP WORKING HARD ON THE PUSH-UPS. THEY WILL GET EASIER!

ORDER	EXERCISE	SETS & REPS	REST		
1	Push-Up Negatives (drop as slow as possible)	3 × 15	45 sec		
• • • • • •	• • • • • • • • • • • • • • • •	• • • • • • • • • •	• • • • • • • •		
2	Chair Dip Negatives (drop as slow as possible)	3×5	45 sec		
• • • • • • • • • • • • • • • • • • • •					
3	Reverse Crunch	3 x 20	45 sec		

	CARDIO CIRCUIT REST 30 SECONDS BETWEEN ROUNDS		
X	Elevated Push-Ups (hands on chair/table)	2 X 20	
	Bicycle Crunch	2 x 25 each	
	Plank	2 x 40 sec	