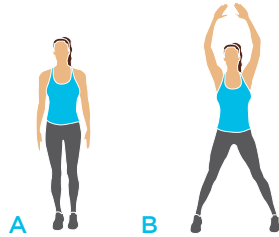


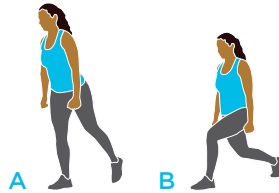
Complete these exercises three days per week.  
Use the remaining four days of the week as a rest day to stretch, recover or cleanse.

**DAY ONE**



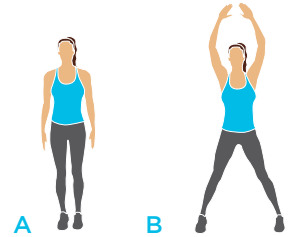
**Jumping Jacks** 20 Reps

**DAY TWO**

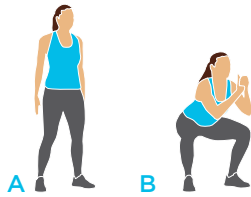


**Reverse Lunges** 8 Reps Each Leg

**DAY THREE**



**Jumping Jacks** 20 Reps



**Body Weight Squats** 12 Reps



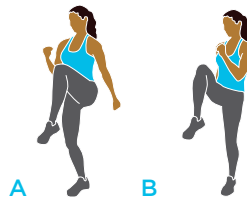
**Plank** 20-30 Sec



**Wall Sit** 20-30 Sec



**Plank** 20-30 Sec



**High Knees** 20 Total



**Plank** 20-30 Sec



**Push-Up's** 6-12 Reps



**Superman** 20 Reps



**Glute Bridge** 15 Reps

\*Rest for 2min and repeat these exercises for a total of four sets.

\*Rest for 2min and repeat these exercises for a total of four sets.

\*Rest for 2min and repeat these exercises for a total of four sets.

Complete these exercises three days per week.  
Use the remaining four days of the week as a rest day to stretch, recover or cleanse.

## DAY ONE

**Romanian Deadlift**  
15 Reps

**Up-Down Planks**  
15 Reps

**½ Kneeling  
Shoulder Press**  
12 Reps

Rest 2 Min.

**Glute Bridge**  
20 Reps

**Leg-up Crunch**  
15 Reps

**One-Arm Floor Press**  
10 Each

## DAY TWO

**Front Squats**  
x 12

**Planks with Dumbbell  
Drag** x 8 Each

**Bent-Over Rows**  
x 8 Each

Rest 2 Min.

**Reverse Lunges**  
x 10 Each

**Reverse Crunches**  
x 15

**One-arm Upright  
Rows** x 10 Each

## DAY THREE

**Romanian Deadlift  
with Pause** 15 Reps

**Planks with Shoulder  
Taps** 10 Each

**½ Kneeling  
Shoulder Press**  
x 10

Rest 2 Min.

**Sumo Squats**  
x 15

**Jackknives**  
x 10

**Push-Ups**  
x 15

## DAY FOUR

**Split Squats**  
x 8 each

**Plank rows**  
x 10 Each

**½ Kneeling  
Curls + Shoulder  
Presses** x 8

Rest 2 Min.

**1 ½ Goblet  
Squats** x 8

**Knees to elbows**  
x 10

**Close-grip  
Chest Press** x 8

