

The Month Plan

Let's get you comfortable with weights! We're talking smart, scientific, superbly organized, high intensity training.

HOME WORKOUT

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	Cardio B	Yoga/ OFF	HITT	OFF	Workout A	Cardio A	Workout B
Week 2	Cardio B	Yoga/ OFF	HITT	OFF	Workout A	Cardio A	Workout B
Week 3	Cardio B	Yoga/ OFF	HITT	OFF	Workout A	Cardio A	Workout B
Week 4	Cardio B	Yoga/ OFF	HITT	OFF	Workout A	Cardio A	Workout B

**** The days are interchangeable as long as each workout is completed. Try not to double up on strength and cardio days.**

DAILY MEDITATION – 10 minutes using Headspace app

WEEK TWO -

CREATE YOUR DREAMBOARD – Use it as your phone screensaver

INSTRUCTIONS:

For Workout A and Workout B, Complete exercise A1, rest and move to A2, rest and move to A3. Repeat the A exercises for three rounds before moving to B exercises. Complete the B and C exercises the same way you completed the A exercises.

WORKOUT A

Warm Up	
Foam Roll	IT Bands, Glutes, Quads, T-spine -- 30-60s each https://www.youtube.com/watch?v=VIN8RrvuFo4 https://www.youtube.com/watch?v=PY9L1_oUJM4
Dynamic Warm Up	Inch Worm Glute Bridge
Neural Activation	Jog, High Knees, Slides, Butt Kick :30 each

Workout	Sets	Reps	Rest	Week 1	Week 2	Week 3	Week 4
A1) KB or DB Box Squat	3	15	:60				
A2) DB Bench Press or Floor Press (Bench Press from floor) or push ups	3	15	:60				
A3) DB One Arm Row or Plank + Row	3	15 ea	:60				
B1) Step Back Lunges	3	12 ea	:60				
B2) Seated DB OH Press	3	15	:60				
B3) V-Ups	3	15	:60				
C1) Seated DB Curls	3	12 ea	:60				
C2) Forearm Plank	3	30s	:60				
D1) High Knees	4	30s	:60				

Cool Down	
Static Stretching	Pick 4 stretches, hold for 30s each

WORKOUT B

Warm Up	
Foam Roll	IT Bands, Glutes, Quads, T-spine -- 30-60s each https://www.youtube.com/watch?v=VIN8RrvuFo4 https://www.youtube.com/watch?v=PY9L1_oUJM4
Dynamic Warm Up	Inch Worm Donkey Kick Deadbug
Neural Activation	Jog, High Knees, Slide and Glide, Butt Kick :30 ea

Workout	Set	Reps	Rest	Week 1	Week 2	Week 3	Week 4
A1) KB or DB Deadlift	3	15	:60				
A2) Resistance Band or TRX Row	3	15	:60				
A3) DB Incline Bench Press	3	15	:60				
B1) Box Step Ups	3	15	:60				
B2) Renegade Row (or plank row)	3	15	:60				
B3) Reverse Crunches	3	15	:60				
B4) Tricep Dips	3	15	:60				
C1) Burpees	3	60s	60s				

Cool Down	
Static Stretching	Pick 4 stretches, hold for 30s each

HIIT

Warm Up	
Foam Roll	IT Bands, Glutes, Quads, T-spine -- 30-60s each https://www.youtube.com/watch?v=VIN8RvuFo4 https://www.youtube.com/watch?v=PY9L1_oUJM4
Dynamic Warm Up	Inch Worm Glute Bridge Donkey Kick Deadbug
Neural Activation	Jog, High Knees, Slide and Glide, Butt Kick

Do each exercise for 30 seconds and then rest for 30 seconds. After each round, rest for one minute and start again. Use your body weight or use dumbbells where applicable.

Workout	Set	Time	Rest	Week 1	Week 2	Week 3	Week 4
1) Squats	2-3	30s	30s				
2) Plank w Shoulder Taps	2-3	30s	30s				
3) Forward Lunges	2-3	30s	30s				
4) Slow Bicycles	2-3	30s	30s				
5) Mountain Climbers	2-3	30s	30s				
6) Speed Skaters	2-3	30s	30s				

7) Push Ups	2-3	30s	30s				
8) Burpees	2-3	30S	30S				
9) Side Plank + Hip Tap Right	2-3	30s	30s				
10) Side Plank + Hip Tap Left	2-3	30s	30s				
11) Tuck Jumps	2-3	30s	30s				

Cool Down	
Stretching	Pick 4 stretches, hold for 30s each

Week One: Complete 2 rounds

Week Two: Complete 3 rounds

Week Three: Complete 4 rounds

Week Four: Complete 4 rounds

Track max number of reps each week!

Cardio A

TREADMILL or RUNNING

****Use bike if you need low-impact****

Warm Up: 5 min easy jog

Week One	Sprint 30s Walk 60s	Sprint 30s Walk 60s	Sprint 30s Walk 60s	Rest for ~2 min then repeat two more times through			
Week Two	Sprint 30s Walk 60s	Sprint 30s Walk 60s	Sprint 30s Walk 60s	Sprint 30s Walk 60s	Rest for ~2 min then repeat two more times through		
Week Three	Sprint 30s Walk 60s	Sprint 30s Walk 60s	Sprint 30s Walk 60s	Sprint 30s Walk 60s	Sprint 30s Walk 60s	Rest for ~2 min then repeat one more time through	
Week Four	Sprint 30s Walk 60s	Sprint 30s Walk 60s	Sprint 30s Walk 60s	Sprint 30s Walk 60s	Sprint 30s Walk 60s	Sprint 30s Walk 60s	Rest for ~2 min then repeat one more time through

Cardio B

Bike

****Use treadmill if you do not have a bike****

Warm up: 5 minute easy ride

Week One	Sprint 30s Rest 60s	Sprint 30s Rest 60s	Sprint 30s Rest 60s	Rest for ~2 min then repeat one more time through			
Week Two	Sprint 30s Rest 60s	Sprint 30s Rest 60s	Sprint 30s Rest 60s	Sprint 30s Rest 60s	Rest for ~2 min then repeat one more time through		
Week Three	Sprint 30s Rest 60s	Sprint 30s Rest 60s	Sprint 30s Rest 60s	Sprint 30s Rest 60s	Sprint 30s Rest 60s	Rest for ~2 min then repeat one more time through	
Week Four	Sprint 30s Rest 60s	Sprint 30s Rest 60s	Sprint 30s Rest 60s	Sprint 30s Rest 60s	Sprint 30s Rest 60s	Sprint 30s Rest 60s	Rest for ~2 min then repeat one more time through

* Rest can be a slower pace, just don't stop pedaling.