



**Tuesday, October 15**

**Equipment:** Dumbbells

**I. 5-Minute Warm-up.....** Jog or *Dynamic Stretches and Exercises*

**II. Legs/Shoulders: (3 ROUNDS)**

**Set #1**

Suitcase Squats	x 20
Walking Lunges	x 30
Mountain Climbers	x 20
Ladder Sprint	x 1

**Set #2**

Weighted Frog Jumps	x 20
Upright Row w/ Front Raise	x 20
Weighted Sit-ups w/ DB	x 20
Ladder Sprint	x 1

**III. 5-Minute Cool-down.....** Jog or *Dynamic Stretches and Exercises*

**\*\* NUTRITION TIP: Go home and have a glass of chocolate milk!**

**Thursday, October 17**

**Equipment:** Bands & Dumbbells

**I. 5-Minute Warm-up.....** Jog or *Dynamic Stretches and Exercises*

**II. Shoulders: (3 ROUNDS)**

**Set #1**

Band Military Press	x 20
DB Lateral Raises	x 20
DB Russian Twists	x 20

**Set #2**

DB Arnold Presses	x 20
DB Bent-Over Rows	x 20
Side Plank (Both Sides)	30 Secs

**III. 5-Minute Cool-down.....** Jog or *Dynamic Stretches and Exercises*

**\*\* NUTRITION TIP: Go home and have a PB & J or Turkey sandwich!**



**Tuesday, October 29**

**Equipment:** Battle Rope, Weighted Bar, Medicine Ball, Dumbbells

**I. 5-Minute Warm-up.....** *Jog or Dynamic Stretches and Exercises*

**II. Shoulders/Biceps & Triceps: (3 ROUNDS)**

**Set #1**

Battle Rope Slam	x 20
Bar Military Press	x 20
Mountain Climbers	x 20
Partner Medicine Ball Sit-ups	x 20

**Set #2**

Band Bicep Curl	x 20
Overhead Band Extension	x 20
Reverse Band Bicep Curl	x 20
DB Tricep Kickbacks	x 20

**III. 5-Minute Cool-down.....** *Jog or Dynamic Stretches and Exercises*

**\*\* NUTRITION TIP:** *Go home and have some Greek Yogurt with Berries, or some Wheat Toast with PB and sliced banana.*



## Tuesday, November 5

**Equipment:** Dumbbells, Weighted Bar

**I. 5-Minute Warm-up.....** *Jog or Dynamic Stretches and Exercises*

**II. Legs/Shoulders/Back/Abs: (3 ROUNDS)**

### Set #1

Weighted Bar Squat	x 20
Weighted Bar Lunges	x 30
Flutter Kicks	x 50
Ladder Sprint	x 1

### Set #2

Dumbbell Military Press	x 20
Lateral Delt Raises	x 20
Bicycle Crunches	x 30
Ladder Sprint	x 1

**III. 5-Minute Cool-down.....** *Jog or Dynamic Stretches and Exercises*

**\*\* NUTRITION TIP:** *Go home and have some cereal w/ skim milk, or an egg & cheese omelet w/ toast.*

## Thursday, November 7

**Equipment:** (None)

**I. INSANITY WORKOUT (Plyometric Cardio Circuit)**

**\*\* NUTRITION TIP:** *Go home and have a protein shake and banana, or some pasta with chicken.*



**Tuesday, November 12**

**Equipment:** Dumbbells, Weighted Bar, Medicine Ball

**I. 5-Minute Warm-up.....** *Dynamic Stretches and Exercises*

**II. 8-Mins (Jogging and Stairs)**

**III. Legs/Abs: (3 ROUNDS)**

**Set #1**

Suitcase Squats                      x 20

Weighted Bar Lunges                x 30

Frog Jump Ladder                    x 1

Med. Ball Russian Twist            x 25

**IV. 8-Mins (Jogging and Stairs)**

**V. 5-Minute Cool-down.....** *Jog or Dynamic Stretches and Exercises*

**\*\* NUTRITION TIP:** *Go home and have some grilled chicken with roasted vegetables, or Tuna and crackers*



**Thursday, November 14**

**Equipment:** Weighted Bar, Dumbbells, Battle Ropes, Bands

**VI. 5-Minute Warm-up.....** *Jog or Dynamic Stretches and Exercises*

**VII. Legs/Shoulders/Back/Abs: (3 ROUNDS)**

**Set #1**

Bar Military Press	x 20
Lateral Delt Raises	x 20
Dumbbell Arnold Press	x 20
Mountain Climbers	x 25

**Set #2**

Battle Ropes Alt. Arms	30 Secs.
Band Front Raise	x 20
Band Overhead Tri. Ext.	x 20
Oblique Ab Crunches	x 25 ea. side

**VIII. 5-Minute Cool-down.....** *Jog or Dynamic Stretches and Exercises*

**\*\* NUTRITION TIP:** *Go home and have a Peanut Butter Banana Protein Smoothie, or some Turkey and Cheese with Apple Slices.*