

DAYS 1 AND 11

Legs and Booty Builder

Equipment

- Dumbbells
- Kettlebells
- Bench/chair/box
- Resistance-band loop
- Stability ball

Circuit 1 ► Kettlebell

Repeat this superset three times through.
Rest 60 seconds between rounds.

Exercise	Reps
Kettlebell Goblet Pulse Squat	12
Kettlebell Swing	12
Kettlebell Single-Leg Romanian Deadlift	10 (each leg)

Circuit 2 ► Dumbbells and Band

Repeat this superset three times through.
Rest 60 seconds between rounds.

Exercise	Reps
Dumbbell Bulgarian Lunge	8 (each leg)
Weighted Step-Up	8 (each leg)
Banded Standing Side Kick	10 (each leg)

Circuit 3 ► Kettlebell and Stability Ball

Repeat this superset three times through.
Rest 60 seconds between rounds.

Exercise	Reps
Kettlebell Lying Glute Bridge	12
Stability-Ball Lying Hamstring Curl	10

DAYS 2 AND 12

Powerhouse: Upper-Body Builder

Equipment

- Dumbbells
- Bench/chair/box

Note: For these circuits, you'll use a 45:15 interval format — working for 45 seconds and resting for 15 seconds.

Circuit 1 ▶ Chest and Back

Repeat this circuit two times through.
Rest 60 seconds between rounds.

Exercise	Time
Dumbbell Chest Flye	45 seconds
Rest	15 seconds
Close-Grip Dumbbell Reverse Flye	45 seconds
Rest	15 seconds
Seated Dumbbell Reverse Flye	45 seconds
Rest	15 seconds
Dumbbell Bent-Over Row (right side)	45 seconds
Rest	15 seconds
Dumbbell Bent-Over Row (left side)	45 seconds
Rest	15 seconds
Incline Push-Up	45 seconds

Circuit 2 ▶ Shoulders and Lats

Repeat this circuit two times through.
Rest 60 seconds between rounds.

Exercise	Time
Dumbbell Arnold Press	45 seconds
Rest	15 seconds
Dumbbell Lat Pullover	45 seconds
Rest	15 seconds
Dumbbell Lateral Raise	45 seconds
Rest	15 seconds
Dumbbell Front Raise	45 seconds

Circuit 3 ▶ Biceps and Triceps

Repeat this circuit two times through.
Rest 60 seconds between rounds.

Exercise	Time
Dumbbell Overhand Biceps Curl	45 seconds
Rest	15 seconds
Dumbbell Overhead Triceps Extension	45 seconds
Rest	15 seconds
Dumbbell Hammer Curl	45 seconds
Rest	15 seconds
Dumbbell Triceps Kickback (right side)	45 seconds
Rest	15 seconds
Dumbbell Triceps Kickback (left side)	45 seconds
Rest	15 seconds
Triceps Box Dip	45 seconds

DAYS 3 AND 13

Rest

DAYS 4 AND 14

Muscle Mania: Total Body

Equipment

- Dumbbells
- Kettlebells
- Jump rope (You may sub a 60-second stair run.)
- Medicine ball

Circuit 1 ▶ Medicine Ball

Repeat this circuit three times through.
Rest 60 seconds between rounds.

Exercise	Reps/Time
Medicine-Ball Chest Pass	12
Medicine-Ball Triceps Push-up	12
Medicine-Ball Lunge and Twist	10 (each leg)
Jump Rope/Stair Run	60 seconds

Circuit 2 ▶ Kettlebell

Repeat this circuit three times through.
Rest 60 seconds between rounds.

Exercise	Reps/Time
Kettlebell Swing	15
Kettlebell Glute Bridge and Squeeze	15
Kneeling Kettlebell Halo	10 (each direction)
Kettlebell Upright Row	10
Jump Rope/Stair Run	60 seconds

Circuit 3 ▶ Dumbbells

Repeat this circuit three times through.
Rest 60 seconds between rounds.

Exercise	Reps/Time
Standing Single-Arm Dumbbell Press	12 (each arm)
Alternating Dumbbell Hammer Curl	15 (each arm)
Dumbbell Side Plank (right side)	30 seconds
Dumbbell Side Plank (left side)	30 seconds
Jump Rope/Stair Run	60 seconds

DAYS 5 AND 15

High 'n' Tight: Legs, Booty and Abs

Equipment

- Kettlebells
- Bench/chair/box
- Jump rope (You may sub a 60-second stair run.)

Note: For these circuits, you'll use a 45:15 interval format — working for 45 seconds and resting for 15 seconds.

Circuit 1 ▶ Booty

Repeat this circuit two times through.
Rest 60 seconds between rounds.

Exercise	Time
Kettlebell Pulse Squat	45 seconds
Rest	15 seconds
Switch Lunge	45 seconds
Rest	15 seconds
Wall Sit	45 seconds
Rest	15 seconds
Ice Skater	45 seconds

Circuit 2 ▶ Legs and Abs

Repeat this circuit two times through.
Rest 60 seconds between rounds.

Exercise	Time
Box Jump	45 seconds
Rest	15 seconds
Mountain Climber	45 seconds
Rest	15 seconds
Bicycle Crunch	45 seconds
Rest	15 seconds
Jump Rope/Stair Run	45 seconds

Circuit 3 ▶ Tone It Up

Repeat this circuit two times through.
Rest 60 seconds between rounds.

Exercise	Time
Alternating Side Lunge*	45 seconds
Rest	15 seconds
Alternating Step-Up to High Knee*	45 seconds
Rest	15 seconds
Plank	45 seconds
Rest	15 seconds
Side Plank (left side)	45 seconds
Rest	15 seconds
Side Plank (right side)	45 seconds

*Add a kettlebell or a set of dumbbells to boost intensity.

DAYS 6 AND 16

Rest

DAYS 7 AND 17

Wonder Woman Strength

Equipment

- Dumbbells
- Kettlebells
- Bench/chair/box
- Resistance band (with handles)

Circuit 1 ▶ Legs

Repeat this circuit three times through.
Rest 60 seconds between rounds.

Exercise	Reps
Banded Kettlebell Goblet Squat	12
Banded Glute Kickback	12 (each leg)
Banded Stiff-Legged Deadlift	12
Kettlebell Single-Leg Romanian Deadlift	12 (each leg)

Circuit 2 ▶ Back and Biceps

Repeat this circuit three times through.
Rest 60 seconds between rounds.

Exercise	Reps
One-Arm Dumbbell Row	10 (each arm)
Banded Biceps Curl	10
Dumbbell Lat Pullover	10
Dumbbell Hammer Curl	10

Circuit 3 ▶ Chest, Shoulders and Triceps

Repeat this circuit three times through.
Rest 60 seconds between rounds.

Exercise	Reps
Single-Arm Dumbbell Press to Overhead Extension	10 (each arm)
Alternating Dumbbell Front-to-Lateral Raise	10 (each side)
Dumbbell Chest Press to Skullcrusher	10
Close-Grip Dumbbell Chest Press	10

DAYS 8 AND 18

Sweat and Shred: Total Body

Equipment

- Dumbbells
- Medicine ball
- Jump rope (You may sub a 45-second stair run.)

Note: For these circuits, you'll use a 45:15 interval format — working for 45 seconds and resting for 15 seconds.

Circuit 1 ▶ Cardio Killer

Repeat this circuit two times through.
Rest 60 seconds between rounds.

Exercise	Time
Ice Skater	45 seconds
Rest	15 seconds
Medicine-Ball Squat to Press	45 seconds
Rest	15 seconds
Frog Leap	45 seconds
Rest	15 seconds
Wall Sit	45 seconds
Rest	15 seconds
Jump Rope/Stair Run	45 seconds

Circuit 2 ▶ Upper-Body Blast

Repeat this circuit two times through.
Rest 60 seconds between rounds.

Exercise	Time
Dumbbell Biceps Curl to Press	45 seconds
Rest	15 seconds
Push-Up	45 seconds
Rest	15 seconds
Standing Dumbbell Reverse Flye	45 seconds
Rest	15 seconds
Medicine-Ball Wall Throw	45 seconds
Rest	15 seconds
Dumbbell Lateral Raise Hold	45 seconds
Rest	15 seconds
Dumbbell Front Raise Hold	45 seconds
Rest	15 seconds
Jump Rope/Stair Run	45 seconds

Circuit 3 ▶ Lower-Body Blast

Repeat this circuit two times through.
Rest 60 seconds between rounds.

Exercise	Time
Switch Lunge	45 seconds
Rest	15 seconds
Squat and Hold	45 seconds
Rest	15 seconds
Squat and Pulse	45 seconds
Rest	15 seconds
Jump Rope/Stair Run	45 seconds

DAYS 9 AND 19

Rest or Challenge Yourself Option

Today, you can either take a full day of rest or participate in an active rest day. Do something active that doesn't include a strenuous workout. Get creative and have fun! For example:

- Play tennis, volleyball or another sport
- Go on a hike
- Take a bike ride or go for a jog
- Swim
- Take a yoga class

DAYS 10 AND 20

Rest