

DAYS 1 AND 11

Lean and Mean: Plyometrics

Equipment

- Kettlebells
- Jump rope
- Bench/chair/box
- Dumbbells

Note: All the circuits in this workout follow a 45:15 interval structure — 45 seconds of work followed by 15 seconds of rest.

Circuit 1 ▶ Legs and Glutes

Repeat this circuit three times through.
Rest 30 seconds between rounds.

Exercise	Time
Split Lunge	45 seconds
Rest	15 seconds
Goblet Pulse Squat	45 seconds
Rest	15 seconds
Frog Leap	45 seconds
Rest	15 seconds
Jump Rope	45 seconds

Circuit 2 ▶ Cardio

Repeat this circuit three times through.
Rest 30 seconds between rounds.

Exercise	Time
High Knee to Toe Touch (right side)	45 seconds
Rest	15 seconds
High Knee to Toe Touch (left side)	45 seconds
Rest	15 seconds
Football Feet	45 seconds
Rest	15 seconds
Ice Skater	45 seconds
Rest	15 seconds
Jump Rope	45 seconds

Circuit 3 ▶ Finisher

Repeat this circuit three times through.
Rest 30 seconds between rounds.

Exercise	Time
Mechanical Push-Up Drop Set*	
Decline Push-Up	15 seconds
Flat Push-Up	15 seconds
Incline Push-Up	15 seconds
Rest	15 seconds
Mountain Climber	45 seconds
Rest	15 seconds
Weighted Side Plank (left side)	45 seconds
Rest	15 seconds
Weighted Side Plank (right side)	45 seconds
Rest	15 seconds
Scissor Kick	45 seconds

*Perform all three push-up variations in a row without resting.

DAYS 2 AND 12

Great Guns

Equipment

- Medicine ball
- Exercise ball
- Exercise-band loop

Circuit 1 ▶ Biceps Burner

Repeat this circuit three times through.
Rest 30 seconds between rounds.

Exercise	Time
Banded Hammer Curl	30 seconds
Banded Biceps Curl	30 seconds
Banded Overhand Curl	30 seconds
Banded Curl and Hold	30 seconds

Circuit 2 ▶ Triceps and Shoulder Challenge

Repeat this circuit three times through.
Rest 30 seconds between rounds.

Exercise	Time
Standing Dumbbell Neutral-Grip Overhead Press	30 seconds
Standing Dumbbell Overhead Triceps Extension	30 seconds
Standing Alternating Dumbbell Front-to-Lateral Raise	30 seconds
Alternating Dumbbell Upright Row	30 seconds

Circuit 3 ▶ Tabata

For the workout below, perform 20 seconds of all-out work followed by 10 seconds of rest. Go through the workout two times for a total of four minutes.

Exercise	Time
Medicine-Ball Triceps Push-Up	20 seconds
Rest	10 seconds
Medicine-Ball Plank	20 seconds
Rest	10 seconds
Medicine-Ball Front Raise	20 seconds
Rest	10 seconds
Medicine-Ball Overhead Press	20 seconds
Rest	10 seconds

DAYS 3 AND 13

Rest or Challenge Yourself Option

DAYS 4 AND 14

Power Up: Legs and Butt

Equipment

- Medicine ball
- Exercise ball
- Exercise-band loop
- Kettlebells

Note: Do each move for 30 seconds. Perform them back-to-back with no rest in between.

Circuit 1 ▶ Booty and Quads

Repeat this circuit three times through.
Rest 30 seconds between rounds.

Exercise	Time
Medicine-Ball Sumo Squat Jump	30 seconds
Medicine-Ball Squat and Hold	30 seconds
Medicine-Ball Squat and Pulse	30 seconds
Medicine-Ball Overhead Walking Lunge	30 seconds

Circuit 2 ▶ Hammies

Repeat this circuit three times through.
Rest 30 seconds between rounds.

Exercise	Time
One-Legged Kettlebell Deadlift	30 seconds (each leg)
Banded Glute Kickback	30 seconds (each leg)
Stability-Ball Bridge Pulse	30 seconds
Two-Legged Lying Exercise-Ball Hamstring Curl	30 seconds

Circuit 3 ▶ Tabata

For the workout below, perform 20 seconds of all-out work followed by 10 seconds of rest. Go through the workout two times for a total of four minutes.

Exercise	Time
Kettlebell Goblet Pulse Squat	20 seconds
Rest	10 seconds
Kettlebell Alternating Curtsy Lunge to High Knee	20 seconds
Rest	10 seconds
Kettlebell Sumo Deadlift	20 seconds
Rest	10 seconds
Mountain Climber	20 seconds
Rest	10 seconds

DAYS 5 AND 15

Cardi Party: Plyometrics

Equipment

- Jump rope
- Kettlebell
- Bench/chair/box
- Medicine ball
- Ab roller

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

Circuit 1 ▶ Get Movin'

Repeat this circuit three times through.
Rest 30 seconds between rounds.

Exercise	Time
Jump Rope	45 seconds
Rest	15 seconds
Frog Leap	45 seconds
Rest	15 seconds
Ice Skater	45 seconds
Rest	15 seconds
Mountain Climber	45 seconds

Circuit 2 ▶ Pump It Up!

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

Exercise	Time
Split Lunge	45 seconds
Rest	15 seconds
Kettlebell Sumo Deadlift Pulse	45 seconds
Rest	15 seconds
Box Jump	45 seconds
Rest	15 seconds
Toe Touch on Box	45 seconds
Rest	15 seconds
Jump Rope	45 seconds

Circuit 3 ▶ Use That Core!

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

Exercise	Time
Medicine-Ball Overhead Crunch to Stand to Overhead Press	45 seconds
Rest	15 seconds
Burpee	45 seconds
Rest	15 seconds
Medicine-Ball V-Up Crunch	45 seconds
Rest	15 seconds
Ab Roller	45 seconds

DAYS 6 AND 16

Strong Is Sexy: Strength Test

Equipment

- Medicine ball
- Kettlebells

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

Circuit 1 ▶ Upper-Body Strength

Repeat this circuit three times through.
Rest 30 seconds between rounds.

Exercise	Time
Mechanical Push-Up Drop Set*	
Decline Push-Up	15 seconds
Flat Push-Up	15 seconds
Incline Push-Up	15 seconds
Rest	15 seconds
Medicine-Ball Wall Throw	45 seconds
Rest	15 seconds
Plank	45 seconds
Rest	15 seconds
Weighted Side Plank and Twist (right side)	45 seconds
Rest	15 seconds
Weighted Side Plank and Twist (left side)	45 seconds
Rest	15 seconds

*Perform all three push-up variations in a row without resting.

Circuit 2 ▶ Lower-Body Strength

Repeat this circuit three times through.
Rest 30 seconds between rounds.

Exercise	Time
Mechanical Squat Drop Set*	
Narrow Stance	15 seconds
Shoulder-Width Stance	15 seconds
Sumo Stance	15 seconds
Rest	15 seconds
Medicine-Ball Sumo Squat Jump	45 seconds
Rest	15 seconds
Wall Sit	45 seconds
Rest	15 seconds
Superman Hold	45 seconds
Rest	15 seconds
Dumbbell Glute Kickback (left side)	45 seconds
Rest	15 seconds
Dumbbell Glute Kickback (right side)	45 seconds
Rest	15 seconds
Kettlebell One-Leg Glute Bridge (right side)	45 seconds
Rest	15 seconds
Kettlebell One-Leg Glute Bridge (left side)	45 seconds

*Perform all three squat variations in a row without resting.

Circuit 3 ▶ Keep That Heart Rate Up!

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

Exercise	Time
Burpee	45 seconds
Rest	15 seconds
Jump Rope	45 seconds
Rest	15 seconds
Football Feet	45 seconds

DAYS 7 AND 17

Rest

DAYS 8 AND 18

Booty Blast

Equipment

- Small exercise-band loop
- Dumbbells
- Bench/chair/box

Note: Do each move for 30 seconds. Perform them back-to-back with no rest in between.

Circuit 1 ▶ Tone and Sculpt

Repeat this circuit three times through.
Rest 30 seconds between rounds.

Exercise	Time
Banded Side Step	30 seconds
Banded Pulse Squat	30 seconds
Banded Squat and Hold	30 seconds
Banded Side Kick	30 seconds

Circuit 2 ▶ Single-Leg Burn

Repeat this circuit three times through.
Rest 30 seconds between rounds.

Exercise	Time
Kettlebell One-Legged Stiff-Leg Deadlift	30 seconds (each side)
Alternating Weighted Step-Up to High Knee	30 seconds
Weighted Walking Lunge to High Knee	30 seconds

Circuit 3 ▶ Shred and Tighten

Repeat this circuit two times through.
Rest 30 seconds between rounds.

Exercise	Time
Switch Lunge	30 seconds
Air Squat	30 seconds
Ice Skater	30 seconds
Toe Touch on Box	30 seconds

DAYS 9 AND 19

Sweat It Out

Equipment

- Jump rope
- Medicine ball
- Bench/chair/box
- Ab roller

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

Circuit 1 ▶ Start Sweatin'

Repeat this circuit three times through.
Rest 30 seconds between rounds.

Exercise	Time
Jump Rope	45 seconds
Rest	15 seconds
Box Jump	45 seconds
Rest	15 seconds
Air Squat	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

Circuit 2 ▶ Arm Burner

Repeat this circuit three times through.
Rest 30 seconds between rounds.

Exercise	Time
Medicine-Ball Biceps Curl to Overhead Press	45 seconds
Rest	15 seconds
Medicine-Ball Overhead Triceps Extension	45 seconds
Rest	15 seconds
Medicine-Ball Plank With Leg Lift	45 seconds
Rest	15 seconds
Jump Rope	45 seconds

Circuit 3 ▶ Give It All You've Got

Repeat this circuit two times through.
Rest 30 seconds between rounds.

Exercise	Time
Jump Rope	45 seconds
Rest	15 seconds
Medicine-Ball Crunch to Stand to Overhead Press	45 seconds
Rest	15 seconds
Medicine-Ball Squat Pulse	45 seconds
Rest	15 seconds
Medicine-Ball Squat Hold	45 seconds
Rest	15 seconds
Ab Roller	45 seconds

DAYS 10 AND 20

Day 10: Rest or Challenge Yourself Option

Day 20: Rest or Do Your Favorite Workout of the Whole Program!