

WORKOUT WEEK 1

DAY 1

UPPER-BODY BOOST

Beginners: Do one to two rounds of each couplet. Rest 30 to 60 seconds between rounds.

Intermediate/Advanced: Do three to four rounds of each couplet. Rest 30 to 60 seconds between rounds.

COUPLET 1

	TIME/REPS
Jump Rope*	2 minutes
Close Triceps Push-Up	8

COUPLET 2

	TIME/REPS
Jump Rope	2 minutes
Hammer Curl to Shoulder Press	12

COUPLET 3

	TIME/REPS
Jump Rope	2 minutes
Bent-Over Lateral Raise to Row	12

COUPLET 4

	TIME/REPS
Jump Rope	2 minutes
Alternating Front to Lateral Raise	12

COUPLET 5

	TIME/REPS
Jump Rope	2 minutes
Triceps Overhead Extension	12

COUPLET 6

	TIME/REPS
Jump Rope	2 minutes
Windmill Toe Touch	20 (each side)

**You can sub jogging/jumping in place of any jump rope interval.*

DAY 2

LOWER-BODY BOOST

Beginners: Perform each circuit one to two times.

Intermediate/Advanced: Go through each circuit three to four times.

CIRCUIT 1	REPS/TIME
Monster Walk	20 (steps)
Ice Skater	20 seconds
Rest	10 seconds

CIRCUIT 2	REPS/TIME
Standing Side Leg Raise (right)	20
Ice Skater	20 seconds
Rest	10 seconds
Standing Side Leg Raise (left)	20
Ice Skater	20 seconds
Rest	10 seconds

CIRCUIT 3	REPS/TIME
Plié Pulse Squat	20
Ice Skater	20 seconds
Rest	10 seconds

CIRCUIT 4	REPS/TIME
Standing Glute Kickback (left)	20
Ice Skater	20 seconds
Rest	10 seconds
Standing Glute Kickback (right)	20
Ice Skater	20 seconds
Rest	10 seconds

DAY 3

REST OR ACTIVE REST

DAY 4

UPPER-BODY BURN

Beginners: Do each couplet one to two times. Rest 30 to 60 seconds between rounds.

Intermediate/Advanced: Do each couplet three to four times. Rest 30 to 60 seconds between rounds.

COUPLET 1

Jump Rope* 2 minutes

Lateral Plank Walk 1 minute

COUPLET 2

Jump Rope 2 minutes

Hammer Curl to Overhead Press 12

COUPLET 3

Jump Rope 2 minutes

Renegade Row to Push-Up 12

COUPLET 4

Jump Rope 2 minutes

Diagonal Shoulder Press 12

COUPLET 5

Jump Rope 2 minutes

Triceps Kickback 12

COUPLET 6

Jump Rope 2 minutes

Oblique V-Up 30 seconds (each side)

**You can sub jogging/jumping in place of any jump rope interval.*

DAY 5

LOWER-BODY PUMP

Beginners: Go through each circuit one to two times.

Intermediate/Advanced: Go through each circuit three to four times.

CIRCUIT 1

	REPS/TIME
Clamshell (right)	20
Ice skater	20 seconds
Rest	10 seconds
Clamshell (left)	20
Ice skater	20 seconds
Rest	10 seconds

CIRCUIT 2

	REPS/TIME
Side-Lying Leg Raise (right)	20
Ice Skater	20 seconds
Rest	10 seconds
Side-Lying Leg Raise (left)	20
Ice Skater	20 seconds
Rest	10 seconds

CIRCUIT 3

	REPS/TIME
Frog Pump	20
Ice Skater	20 seconds
Rest	10 seconds

CIRCUIT 4

	REPS/TIME
Curtsy Lunge (right)	20
Ice Skater	20 seconds
Rest	10 seconds
Curtsy Lunge (left)	20
Ice Skater	20 seconds
Rest	10 seconds

DAY 6

FULL BODY HIIT

Beginners: Do each circuit one to two times through. Increase rest to 60 seconds, if needed.

Intermediate/Advanced: Do each circuit three to four times through.

CIRCUIT 1	TIME
Jump Rope*	2 minutes
Mountain Climber With Push-Up	1 minute
Rest	30 seconds

CIRCUIT 2	TIME
Jump Rope	2 minutes
Sumo-to-Narrow Jump Squat	1 minute
Rest	30 seconds

CIRCUIT 3	TIME
Jump Rope	2 minutes
Plank Walkout	1 minute
Rest	30 seconds

CIRCUIT 4	TIME
Jump Rope	2 minutes
Single-Leg Knee-Up	30 seconds (each side)
Rest	30 seconds

CIRCUIT 5	TIME
Jump Rope	2 minutes
Rolling Burpee	30 seconds
Rest	30 seconds

CIRCUIT 6	TIME
Jump Rope	2 minutes
Triceps Push-Up	1 minute
Rest	30 seconds

*You can sub jogging/jumping in place of any jump rope interval.

DAY 7

REST OR ACTIVE REST