

WORKOUT WEEK 3

DAY 15

UPPER-BODY CIRCUIT

Beginners: Do two to three rounds of each circuit.

Intermediate/Advanced: Do four-plus rounds of each circuit.

CIRCUIT 1

	REPS/TIME
Front to Lateral Raise	10
Jump Rope*	30 seconds
Rest	1 minute

CIRCUIT 2

	REPS/TIME
Renegade Row With Push-Up	10
Jump Rope	30 seconds
Rest	1 minute

CIRCUIT 3

	REPS/TIME
Overhead Triceps Extension	10
Jump Rope	30 seconds
Rest	1 minute

CIRCUIT 4

	REPS/TIME
Hammer Curl to Shoulder Press	10
Jump Rope	30 seconds
Rest	1 minute

CIRCUIT 5

	REPS/TIME
Pull-Apart	10
Jump Rope	30 seconds
Rest	1 minute

CIRCUIT 6

	REPS/TIME
Dumbbell V-Up	10
Jump Rope	30 seconds
Rest	1 minute

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

DAY 16

LOWER-BODY CIRCUIT

Beginners: Do two to three rounds of each circuit.

Intermediate/Advanced: Do four-plus rounds of each circuit.

CIRCUIT 1	TIME
Plank Walkout	1 minute
Frog Pump	1 minute
Rest	30 seconds

CIRCUIT 2	TIME
Monster Walk	1 minute
Fire Hydrant (right)	1 minute
Single-Leg Hip Lift (right)	1 minute
Rest	30 seconds
Monster Walk	1 minute
Fire Hydrant (left)	1 minute
Single-Leg Hip Lift (left)	1 minute
Rest	30 seconds

CIRCUIT 3	TIME
Windmill Toe Touch	1 minute
Inner-Thigh Lift (right)	1 minute
Side-Lying Leg Raise (right)	1 minute
Rest	30 seconds
Windmill Toe Touch	1 minute
Inner-Thigh Lift (left)	1 minute
Side-Lying Leg Raise (left)	1 minute
Rest	30 seconds

CIRCUIT 4	TIME
Plank Walkout	1 minute
Frog Pump	1 minute
Rest	30 seconds

DAY 17

FULL-BODY HIIT

Beginners: Do this workout two to three times through. Rest as needed.

Intermediate/Advanced: Do this workout four to five times through. Rest as needed.

EXERCISE	REPS
Lunge With Twist	10 (each side)
Rolling Burpee	10
Plank Tapout	10 (each side)
Lateral Burpee	10
Lunge With Twist	10 (each side)
Single-Leg Knee-Up	10 (each side)
Sumo-to-Narrow Jump Squat	20
Monster Walk	20 (steps)
Lunge With Twist	10 (each side)
Rolling Burpee	10
Triceps Push-Up	20
Dumbbell Punch	20

DAY 18

UPPER-BODY BOOST

Beginners: Do two to three rounds of each circuit.

Intermediate/Advanced: Do four to five rounds of each circuit.

CIRCUIT 1	REPS/TIME
Bent-Over Lateral Raise-to-Row	10
Jump Rope*	30 seconds
Rest	1 minute

CIRCUIT 2	REPS/TIME
Diagonal Shoulder Press	10
Jump Rope	30 seconds
Rest	1 minute

CIRCUIT 3	REPS/TIME
Hammer Curl to Shoulder Press	10
Jump Rope	30 seconds
Rest	1 minute

CIRCUIT 4	TIME/REPS
Dumbbell Punch	20
Jump Rope	30 seconds
Rest	1 minute

CIRCUIT 5	REPS/TIME
Oblique V-Up	10 (each side)
Jump Rope	30 seconds
Rest	1 minute

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

DAY 19

LOWER-BODY BOOST

Beginners: Go through each circuit two to three times.

Intermediate/Advanced: Go through each circuit four-plus times.

CIRCUIT 1 **REPS/TIME**

Mountain Climber With Push-Up	20
Plié Pulse Squat	20
Rest	1 minute

CIRCUIT 2 **REPS/TIME**

Standing Glute Kickback (right)	10
Standing Side Leg Raise (right)	10
Rest	1 minute

CIRCUIT 3 **REPS/TIME**

Standing Glute Kickback (left)	10
Standing Side Leg Raise (left)	10
Rest	1 minute

CIRCUIT 4 **REPS/TIME**

Mountain Climber With Push-Up	20
Plié Pulse Squat	20
Rest	1 minute

CIRCUIT 5 **REPS/TIME**

Curtsy Lunge	10 (each side)
Frog Pump	10
Rest	1 minute

CIRCUIT 6 **REPS/TIME**

Mountain Climber With Push-Up	20
Plié Pulse Squat	20
Rest	1 minute

CIRCUIT 7 **REPS/TIME**

Fire Hydrant (right)	10
Single-Leg Hip Lift (right)	10
Rest	1 minute

CIRCUIT 8 **REPS/TIME**

Fire Hydrant (left)	10
Single-Leg Hip Lift (left)	10
Rest	1 minute

DAY 20

FULL-BODY TABATA

Beginners: Do one round.

Intermediate: Do two rounds.

Advanced: Do three rounds.

EXERCISE	TIME
Rolling Burpee	20 seconds
<i>Rest</i>	<i>10 seconds</i>
Bear Crawl	20 seconds
<i>Rest</i>	<i>10 seconds</i>
Plank Walkout	20 seconds
<i>Rest</i>	<i>10 seconds</i>
Triceps Push-Up	20 seconds
<i>Rest</i>	<i>10 seconds</i>
Ice Skater	20 seconds
<i>Rest</i>	<i>10 seconds</i>
Lateral Burpee	20 seconds
<i>Rest</i>	<i>10 seconds</i>
Sumo-to-Narrow Jump Squat	20 seconds
<i>Rest</i>	<i>10 seconds</i>
Star Jump	20 seconds
<i>Rest</i>	<i>10 seconds</i>

DAY 21

REST