

WORKOUT WEEK 2

DAY 8

UPPER-BODY BOOST + CARDIO (30 MINUTES)

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 REPS/TIME

Seated Row	15
Jump Rope*	1 minute

COUPLET 2 REPS/TIME

Pull-Apart	15
Jump Rope	1 minute

COUPLET 3 REPS/TIME

Triceps Kickback	15
Jump Rope	1 minute

COUPLET 4 REPS/TIME

Dumbbell V-Up	15
Jump Rope	1 minute

COUPLET 5 REPS/TIME

Jump Rope	2 minutes
Triceps Overhead Extension	12

COUPLET 6 REPS/TIME

Hammer Curl to Shoulder Press	15
Jump Rope	1 minute

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

DAY 9

LOWER-BODY BOOST

Beginners: Do one to two rounds of each circuit.

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

CIRCUIT 1	REPS/TIME
Monster Walk	20 (total 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 (right)	20
Ice Skater	20 seconds
Rest	10 seconds
Standing Glute Kickback (left)	20
Ice Skater	20 seconds
Rest	10 seconds

DAY 10

REST OR ACTIVE REST

DAY 11

UPPER-BODY BURN

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
Lateral Plank Walk	1 minute

COUPLET 2

	TIME/REPS
Jump Rope	2 minutes
Hammer Curl to Shoulder Press	15

COUPLET 3

	TIME/REPS
Jump Rope	2 minutes
Renegade Row to Push-Up	15

COUPLET 4

	TIME/REPS
Jump Rope	2 minutes
Diagonal Shoulder Press	15

COUPLET 5

	TIME/REPS
Jump Rope	2 minutes
Overhead Triceps Extension	15

COUPLET 6

	TIME/REPS
Jump Rope	2 minutes
Oblique V-Up	30 seconds (each side)

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

DAY 12

LOWER-BODY STRENGTH + CARDIO (30 MINUTES)

Beginners: Perform these moves in a straight-set format one time through, resting 30 to 60 seconds, as needed.

Intermediate/Advanced: Perform these moves in a straight-set format one time through, resting minimally between exercises.

EXERCISE	SETS	REPS
Plié Pulse Squat	4	20
Walking Lunge	4	10 (each leg)
Curtsy Lunge	4	10 (each leg)
Fire Hydrant	4	10 (each leg)
Walking Lunge	4	10 (each leg)
Single-Leg Hip Lift	4	10 (each side)
Curtsy Lunge	4	10 (each leg)
Walking Lunge	4	10 (each leg)
Plié Pulse Squat	4	20

DAY 13

FULL-BODY HIIT

Beginners: Do one to two rounds of each circuit.

Intermediate/Advanced: Do three to four of each circuit.

CIRCUIT 1	TIME
Star Jump	1 minute
Jog in Place	30 seconds
Squat With Shoulder Press	1 minute
Jog in Place	30 seconds
Dumbbell Punch	1 minute
Jog in Place	30 seconds

CIRCUIT 2	TIME
Star Jump	1 minute
Jog in Place	30 seconds
Bear Crawl	1 minute
Jog in Place	30 seconds
Runner's Lunge	30 seconds (each side)
Jog in Place	30 seconds
Mountain Climber With Push-Up	1 minute
Jog in Place	30 seconds

CIRCUIT 3	TIME
Squat With Shoulder Press	1 minute
Jog in Place	30 seconds
Bear Crawl	1 minute
Jog in Place	30 seconds
Dumbbell Punch	1 minute
Jog in Place	30 seconds

CIRCUIT 4	TIME
Star Jump	1 minute
Jog in Place	30 seconds
Runner's Lunge	30 seconds (each side)
Jog in Place	30 seconds
Mountain Climber With Push-Up	1 minute
Jog in Place	30 seconds

DAY 14

REST