

The Senada Method



Ultimate 12 Week Transformation Guide

we rise



Build Strength with Intention

**12 weeks of consistency to
transform your body and mind**

we rise

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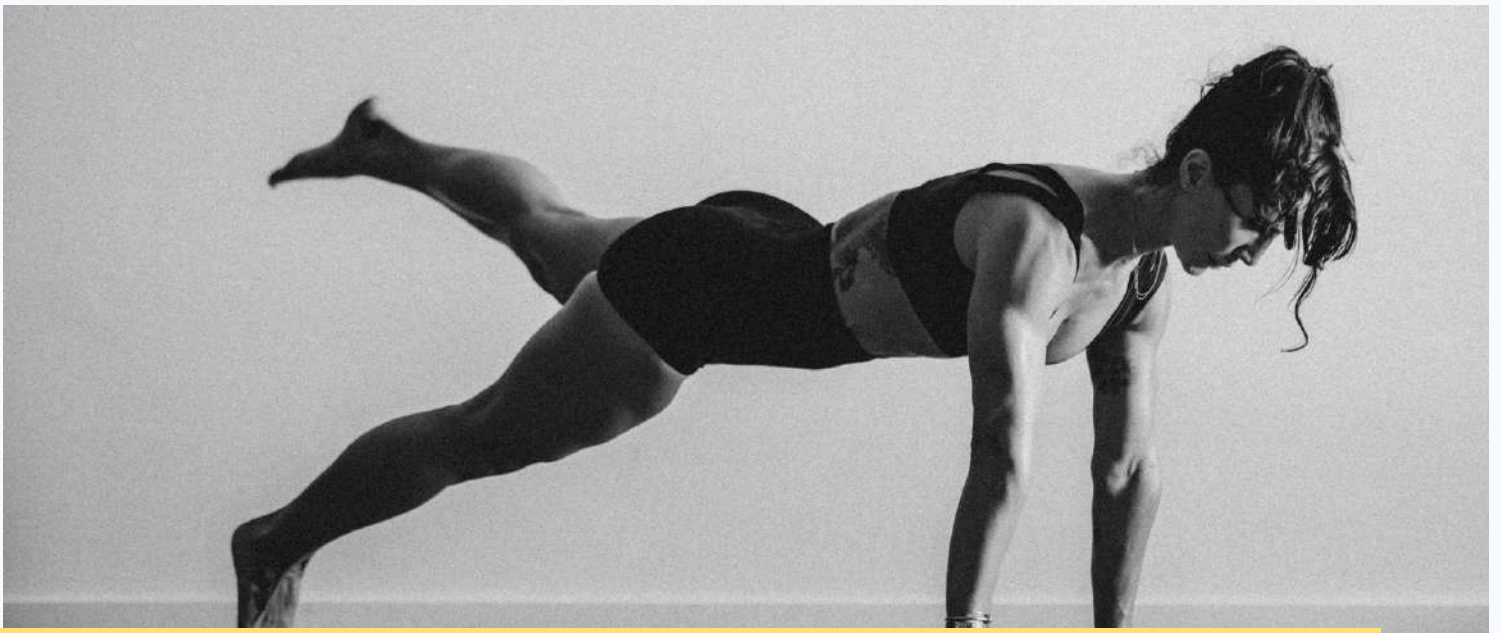
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OVERVIEW





Transformation Philosophy

At WeRise, we believe strength training should be empowering, educational, and sustainable.

The Ultimate 12 Week Transformation philosophy is rooted in the idea that long-term results come from consistency, not extremes. This is your structured daily framework designed to build strength, reduce body fat, increase confidence, and create lasting habits.

The difference between short-term results and real transformation isn't intensity, it's consistency. And consistency comes from having a clear plan to follow daily.

Our Core Principles:

- Consistency over Perfection
- Building Muscle to Support Longevity
- Movement is a Non-Negotiable
- Fuel and Rest to Perform

This guide is designed to meet you where you are and help you build strength with intention. The goal is not just to complete 12 weeks. It's to leave stronger, more informed, and more confident than when you started.

The Daily Blueprint

Consistency creates transformation, and this daily blueprint helps create consistency. Print off this page weekly and check off your daily habits for 12 weeks of consistency.

WEEK _____



WATER

Drank 1/2 - 1 oz of water per pound of body weight per day

M T W T F S S



WORKOUT

Completed scheduled workout

M T W T F S S



STEPS

8000+ steps or daily movement goals

M T W T F S S



SLEEP

Slept 7+ hours

M T W T F S S



PROTEIN GOAL

Ate 0.8 - 1g of protein per pound of body weight per day

M T W T F S S



CALORIE TARGET

Stayed within calorie target: _____

M T W T F S S

NOTES



Equipment Needed

All you need to get started is a **mat**, **resistance band**, and a **set of light dumbbells**. That's it. This program was intentionally designed to be accessible, whether you're working out at home, in a gym, or while traveling.

If you're new to strength training, you can complete this program using bodyweight only and still see meaningful progress. Learning proper form and movement patterns comes first, weights can always be added later. As your strength improves, dumbbells become a tool for progression.

Phrases to Know

Reps (Repetitions)

The number of times you perform a single exercise in a row. For example, 10 reps means completing the movement 10 times without stopping.

Sets

A group of repetitions performed back to back. If a workout calls for 3 sets of 12 reps, you'll complete 10 reps, rest, and repeat that process three times.

Rest

The break taken between sets or exercises. Rest allows your muscles to recover so you can maintain proper form and intensity in the next set.

Phrases to Know

Superset

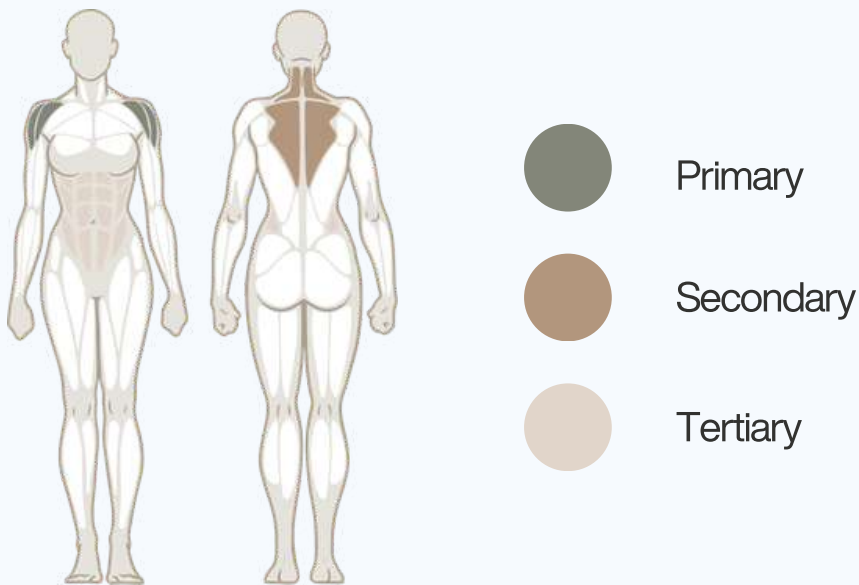
Two exercises performed back to back with little to no rest in between. Supersets increase efficiency and challenge by keeping muscles engaged.

DB (Dumbbell)

A free weight held in one or both hands used to add resistance to an exercise.

Muscle Diagrams

Each exercise video includes a muscle diagram highlighting the muscles being worked so you can better understand movement intent and build a stronger mind-to-muscle connection.





Before You Start

Before beginning the transformation guide, take a moment to set yourself up for success.

What to Expect

This 12-week program is designed to guide you through consistent, full-body strength training that builds week over week. Over the 12 weeks, you'll train with intention, focus on proper form, and gradually increase challenge through progressive overload. Each week builds on the last, allowing your body to adapt safely while developing strength, muscle tone, and confidence.

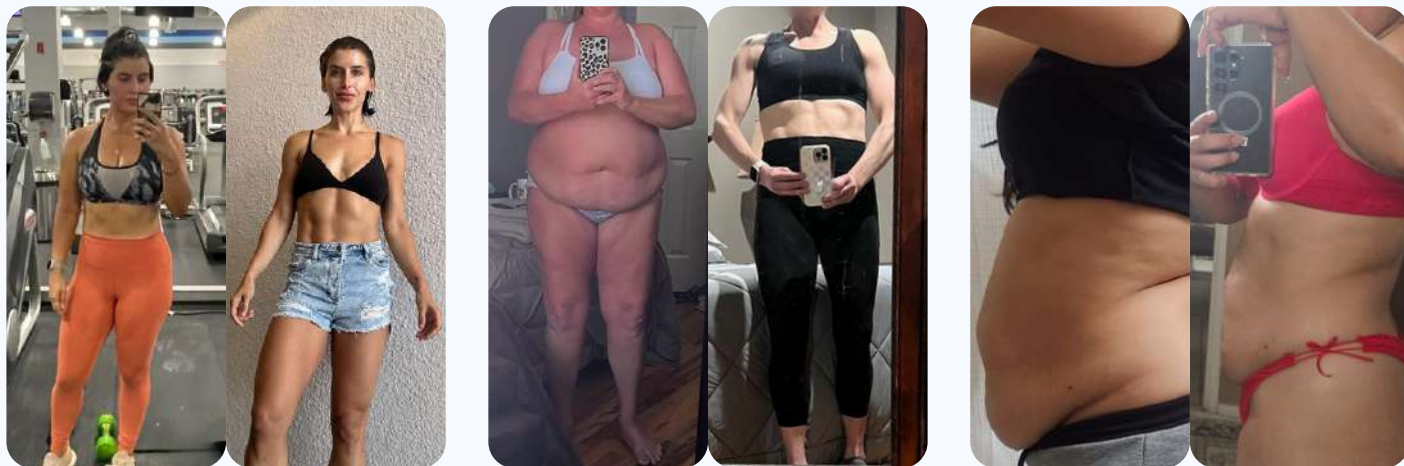
As you move through the 12 weeks, you can expect improvements in strength, movement quality, and overall muscle definition. Many people also notice increased energy, more confidence, and a stronger connection to their body.

How to See Results

Results may show up differently for everyone, which is why tracking progress goes beyond the scale. We recommend tracking how your workouts feel, the weights or reps you're able to increase, and how you move with more confidence over time. Progress photos taken at the start and every few weeks can be one of the most powerful tools to see changes you may not notice day to day. Measurements, notes, and reflections are also valuable markers of growth.

Results Speak for Themselves

These are the women who have committed to this 12 week journey and transformed not only their bodies, but also their confidence and discipline. Their results are proof of what's possible when you stay consistent and trust the process.



Alex

Roxanne

Linda

How to Stay on Track

Progress doesn't always show up right away, and that's normal. Strength training is a process that rewards patience, not urgency. There may be weeks where results feel subtle or invisible, but meaningful change is happening beneath the surface as your body adapts, grows stronger, and learns new movement patterns. The most important thing you can do during these moments is **stick to the plan and trust the process.**

If life gets busy and you miss a workout or take a few days off, that does not mean you've failed or fallen behind. What matters most is how quickly you return. One missed workout doesn't undo progress, but quitting does. Jump back in at your next scheduled session and keep moving forward without trying to "make up" for lost time.

STRENGTH TRAINING



FOUNDATION



Understanding Strength Training

Strength training is the practice of challenging your muscles against resistance so they can adapt, grow stronger, and function more efficiently over time. In this guide, strength training is not about lifting the heaviest weight possible or training to exhaustion. It's about intentional movement, proper form, and applying the right amount of challenge so your body can progress safely. Strength training has proven to increase more than muscle definition. It supports joint health, bone density, posture, metabolism, and longevity.

Senada believes that every transformation starts small; even just 5 to 10 minutes of movement each day can help build the habit of consistency. From there, as your confidence and strength grow, you can gradually build and expand your routine in a way that's sustainable. Her method is rooted in structured strength training combined with daily movement, creating a balanced approach that supports both physical results and long-term habit formation.

A common misconception is that strength training, especially for women, will make you have “bulky” muscles. In reality, women's bodies will not naturally reach the same muscular physique as men's. The type of strength training used in the guide is designed to create a sculpted, strong, and balanced physique while improving overall performance.



Intensity and *Recovery*

Progress happens when training and recovery work together. Intensity refers to how challenging a workout feels and the effort you put into each rep. In Full Body Sculpt, intensity should feel purposeful, not exhausting. You should feel challenged by the final reps of a set while still maintaining proper form.

Recovery is where strength is *actually* built. Muscles repair and grow stronger during rest, not during the workout itself. That's why rest days, active recovery, quality sleep, hydration, and proper nutrition are essential parts of this program. Feeling sore is not a requirement for progress, and more workouts do not equal better results.

Signs that you're recovering well include steady strength improvements, consistent energy, and reduced joint discomfort. If you feel constantly fatigued, unmotivated, or unable to complete workouts with good form, your body may be asking for more recovery. We encourage you to listen to your body, honor rest, and trust that necessary recovery is what leads to sustainable results.



Progressive Overload

Progressive overload is the key to long-term strength and muscle development. It simply means gradually increasing the challenge placed on your body, so it has a reason to adapt and grow stronger.

A helpful way to gauge whether you should progress is by paying attention to how your final reps feel. Each set should feel challenging by the end, while still allowing you to maintain proper form. If you finish a set and feel like you could easily perform three or more additional reps, that's a sign the exercise may no longer be challenging enough.

When this happens, you have several progression options:

- > **Increase weight slightly while keeping the same range of motion**
- > **Add 1–2 reps per set if increasing weight isn't available**
- > **Slow down the tempo, specifically on the lowering phase of the movement**
- > **Increase control or range of motion to deepen the challenge**

Progression does not need to happen every workout. The goal is gradual improvement over time, not constant increases. If adding weight causes your form to break down, scale back and focus on quality before progressing again.

Strength is built by challenging your body just enough to adapt, then allowing it time to recover. Over the 12 weeks, using this approach helps ensure you continue getting stronger while ensuring safety.



FORM & MOVEMENT



Why Your *Form* Matters

Proper form is the foundation of effective and safe strength training. Form determines which muscles are doing the work, and how well your joints are protected. When movements are performed with correct alignment and control, you're able to target the intended muscles and build strength without unnecessary strain.

Here are some common form mistakes to watch for:

Moving too quickly or using momentum

Swinging weights or rushing through reps reduces muscle activation and shifts stress to the joints. Controlled movement, especially during the lowering phase, is key for building strength.

Lifting too heavy at the expense of form

Choosing weights that are too heavy can lead to poor alignment or a shortened range of motion. Strength should be built on control first, then load.

Limited range of motion

Partial reps, such as shallow squats or incomplete presses, reduce the effectiveness of the exercise and limit muscle engagement.

Poor posture or alignment

Rounded backs during hinging movements, collapsing knees during squats, or flared elbows during presses can increase injury risk and decrease results.

Lack of core engagement

Not bracing the core can cause the lower back to compensate, especially during compound movements. A lightly engaged core helps stabilize and protect the spine.

Holding your breath or inconsistent breathing

Improper breathing hurts stability and control. It is important to inhale during the easier (eccentric/lowering) phase and exhaling during the harder (concentric/exertion) phase of each exercise.

Ignoring discomfort or instability

Pain, joint discomfort, or instability are signals to adjust the movement, slow down, or reduce load.

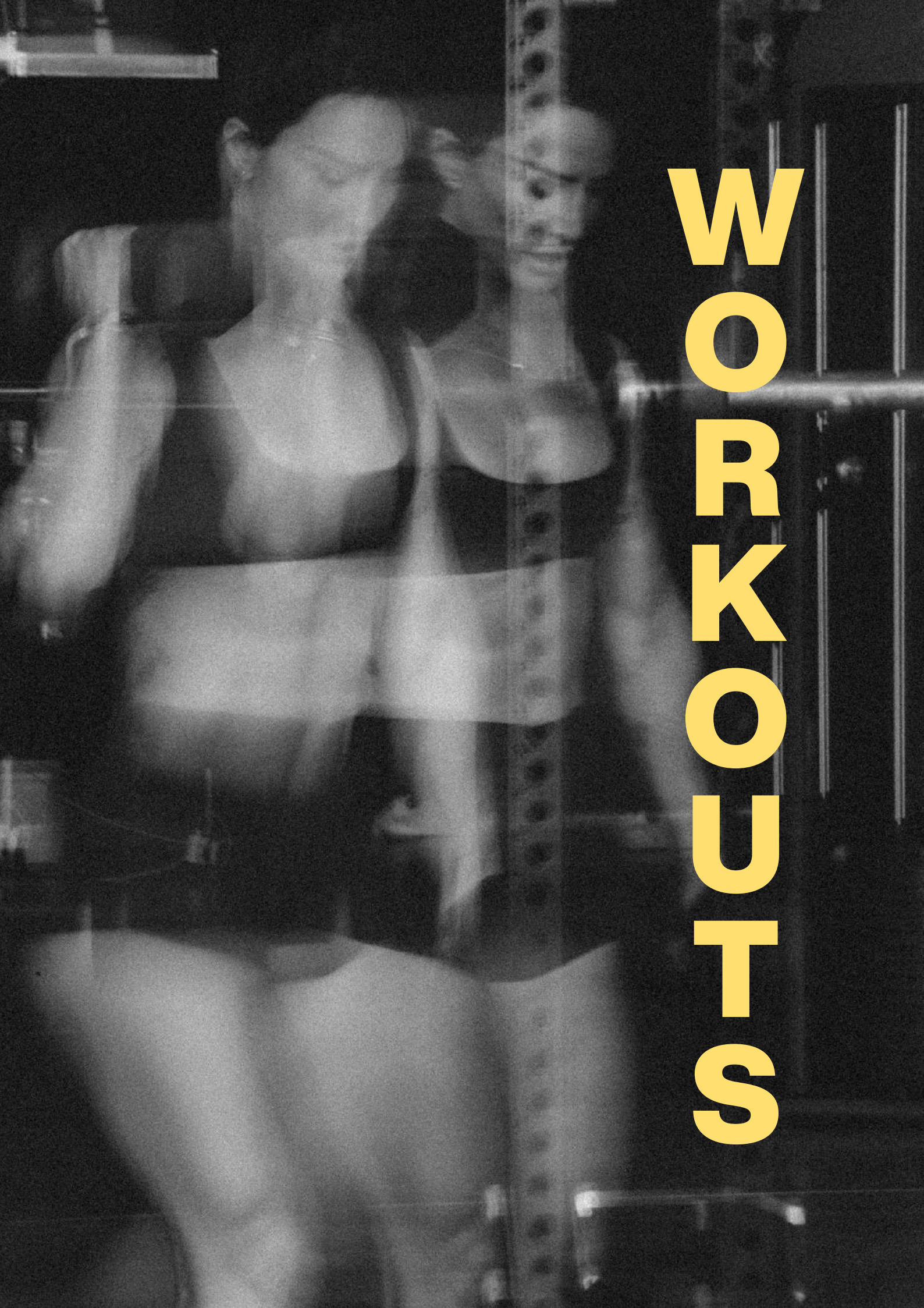


Mind Muscle *Connection*

The mind-muscle connection (MMC) refers to the intentional mental focus on the specific muscle being engaged during an exercise. Instead of simply performing the movement, you consciously contract, lengthen, and activate the target muscle throughout every rep. Studies show that this kind of internal focus increases muscle fiber recruitment and enhances motor unit activation, making each rep more effective.

Practicing MMC starts with slowing down your reps and eliminating momentum. When you reduce speed, your target muscle must work harder to control the movement. Visualize the muscle shortening and lengthening with each rep and begin every set with one or two activation reps just to “feel” the engagement before increasing intensity. Brace your core to avoid compensation, and pay attention to when tension shifts into the wrong muscle, then reset. Filming your form can also help you identify where to adjust. Even flexing and contracting the muscle without weights can strengthen your ability to activate it during training.

MMC matters because it directly impacts how well your muscles activate, how safely you move, and how efficiently you progress. By intentionally focusing on the correct muscle, you avoid letting dominant or stronger muscle groups take over, which leads to better symmetry, balance, and reduced injury risk. MMC allows you to get more out of lighter weights or bodyweight training by increasing tension and control. Over time, this translates into faster results and a stronger muscle foundation.



WORKOUTS

12 Week Workout Plan

Click on the bold text for each day to access the full workout.


| | | | | | | | |
|---------------|-----------------------|-------------------------|-----------------------|---|-----------------------|---------------------------------|----------------------------|
| Week 1 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| | <u>Lower 1</u> | <u>Upper/Abs</u> | <u>Lower 2</u> | <u>Optional Rest or Cardio/Upper/Abs</u> | <u>Lower 3</u> | <u>Full Body Circuit</u> | <u>Optional Abs</u> |
| Week 2 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| | <u>Lower 1</u> | <u>Upper/Abs</u> | <u>Lower 2</u> | <u>Optional Rest or Cardio/Upper/Abs</u> | <u>Lower 3</u> | <u>Full Body Circuit</u> | <u>Optional Abs</u> |
| Week 3 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| | <u>Lower 1</u> | <u>Upper/Abs</u> | <u>Lower 2</u> | <u>Optional Rest or Cardio/Upper/Abs</u> | <u>Lower 3</u> | <u>Full Body Circuit</u> | <u>Optional Abs</u> |
| Week 4 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| | <u>Lower 1</u> | <u>Upper/Abs</u> | <u>Lower 2</u> | <u>Optional Rest or Cardio/Upper/Abs</u> | <u>Lower 3</u> | <u>Full Body Circuit</u> | <u>Optional Abs</u> |
| Week 5 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| | <u>Lower 1</u> | <u>Upper/Abs</u> | <u>Lower 2</u> | <u>Optional Rest or Cardio/Upper/Abs</u> | <u>Lower 3</u> | <u>Full Body Circuit</u> | <u>Optional Abs</u> |
| Week 6 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| | <u>Lower 1</u> | <u>Upper/Abs</u> | <u>Lower 2</u> | <u>Optional Rest or Cardio/Upper/Abs</u> | <u>Lower 3</u> | <u>Full Body Circuit</u> | <u>Optional Abs</u> |

12 Week Workout Plan

Click on the bold text for each day to access the full workout.

| | | | | | | | |
|----------------|-----------------------|-------------------------|-----------------------|---|-----------------------|---------------------------------|----------------------------|
| Week 7 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| | <u>Lower 1</u> | <u>Upper/Abs</u> | <u>Lower 2</u> | <u>Optional Rest or Cardio/Upper/Abs</u> | <u>Lower 3</u> | <u>Full Body Circuit</u> | <u>Optional Abs</u> |
| Week 8 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| | <u>Lower 1</u> | <u>Upper/Abs</u> | <u>Lower 2</u> | <u>Optional Rest or Cardio/Upper/Abs</u> | <u>Lower 3</u> | <u>Full Body Circuit</u> | <u>Optional Abs</u> |
| Week 9 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| | <u>Lower 1</u> | <u>Upper/Abs</u> | <u>Lower 2</u> | <u>Optional Rest or Cardio/Upper/Abs</u> | <u>Lower 3</u> | <u>Full Body Circuit</u> | <u>Optional Abs</u> |
| Week 10 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| | <u>Lower 1</u> | <u>Upper/Abs</u> | <u>Lower 2</u> | <u>Optional Rest or Cardio/Upper/Abs</u> | <u>Lower 3</u> | <u>Full Body Circuit</u> | <u>Optional Abs</u> |
| Week 11 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| | <u>Lower 1</u> | <u>Upper/Abs</u> | <u>Lower 2</u> | <u>Optional Rest or Cardio/Upper/Abs</u> | <u>Lower 3</u> | <u>Full Body Circuit</u> | <u>Optional Abs</u> |
| Week 12 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| | <u>Lower 1</u> | <u>Upper/Abs</u> | <u>Lower 2</u> | <u>Optional Rest or Cardio/Upper/Abs</u> | <u>Lower 3</u> | <u>Full Body Circuit</u> | <u>Optional Abs</u> |

Lower Body Warm Up

Tap each exercise to see its video 

4 MIN



Exercise 1

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.

TIME: 30



Exercise 2

Dynamic Bodyweight Lateral Lunge To High Knee

Step laterally with one foot while simultaneously raising the opposite knee towards your chest, then return to standing position and repeat on the other side.

REPS: 10



Exercise 3

Core Runners Lunge With Hamstring Stretch

Step forward with one leg into a lunge position, then straighten the front leg while keeping the back leg bent and stretch the hamstring, while engaging the core.

REPS: 10




Exercise 4

90 Degree Stretches With External Extension

Sit with one knee bent at a 90-degree angle and the other knee bent behind you at a 90-degree angle, keeping the spine straight and chest forward, to stretch and improve external rotation in both hips.

REPS: 10

Upper Body Warm Up

Tap each exercise to see its video 

3 MIN



Exercise 1

High Knees

Run in place while lifting your knees up high towards your chest.

TIME: 30



Exercise 2

Prayer Stretch

Kneel on the ground with your arms extended in front of you over a dumbbell, then slowly push your hips to lower your upper body towards the ground and back

TIME: 30



Exercise 3

Superwoman Swimmers With Shoulder Rotations

Lie face down on a mat with arms extended overhead, lift arms and legs off the ground while rotating shoulders back and down.

TIME: 30




Exercise 4

Forearm Plank Reaches

Start in a forearm plank position and reach one arm out in front of you, alternating arms while maintaining a stable core.

TIME: 30

Full Body Warm Up

Tap each exercise to see its video 

3 MIN



Exercise 1

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.

TIME: 30



Exercise 2

Supported Skater Squats

Stand with one foot on the ground, lower your body down into a squat position while keeping your other foot off the ground, then push back up to standing position.

REPS: 10



Exercise 3

Prayer Stretch

Kneel on the ground with your arms extended in front of you over a dumbbell, then slowly push your hips to lower your upper body towards the ground and back.

TIME: 30



Exercise 4

Core Runners Lunge With Hamstring Stretch

Step forward with one leg into a lunge position, then straighten the front leg while keeping the back leg bent and stretch the hamstring, while engaging the core.

REPS: 10

Lower Body Cool Down

Tap each exercise to see its video 

5 MIN



Exercise 1

Forward Bend

Stand with your feet hip-width apart, exhale as you hinge at the hips to bend forward, keeping your back straight, and reach towards the floor or your toes, depending on your flexibility, while keeping your knees slightly bent to avoid strain.

TIME: 30



Exercise 2

Upward Facing Dog To Side To Side Hip Dipuats

Start in an upward facing dog position with your palms and tops of your feet pressed into the ground, chest open and facing forward, then smoothly dip your hips from one side to the other, creating a fluid side-to-side motion while keeping your arms straight and core engaged.

TIME: 30



Exercise 3

Down Dog

Form an inverted V-shape with your body by placing your hands and feet on the ground, hips pushed up and back, and head down between your arms.

TIME: 30



Exercise 4

Dragonfly

Sit on a bench or mat, securing your hands behind your head or to a fixed object for support, and then spreading your legs to form a V-shape, engaging your core muscles intensely before lowering back down with control.

TIME: 30



Exercise 5

Sleeping Pigeon

Start in a seated position, extend one leg behind you while folding the other in front of you, and then lean your torso forward over your front leg, stretching deeply into your hips and glutes.

TIME: 60



Exercise 6

Spinal Twist

Sit on the floor with legs extended, then bend one knee over the opposite leg and using the opposite arm to press against the outside of the bent knee, twisting the torso and looking over the shoulder to stretch the spine.

TIME: 30



Exercise 7

Savasana Corpse Pose

Lie flat on your back with your legs slightly apart and arms extended at your sides, palms facing up, and relax your entire body while breathing deeply.

TIME: 30

Upper Body Cool Down

Tap each exercise to see its video 

4 MIN



Exercise 1

Forward Bend

Stand with your feet hip-width apart, exhale as you hinge at the hips to bend forward, keeping your back straight, and reach towards the floor or your toes, depending on your flexibility, while keeping your knees slightly bent to avoid strain.

TIME: 30



Exercise 2

Down Dog

Form an inverted V-shape with your body by placing your hands and feet on the ground, hips pushed up and back, and head down between your arms.

TIME: 30



Exercise 3

Upward Facing Dog To Side To Side Hip Dip

Start in an upward facing dog position with your palms and tops of your feet pressed into the ground, chest open and facing forward, then smoothly dip your hips from one side to the other, creating a fluid side-to-side motion while keeping your arms straight and core engaged.

TIME: 30



Exercise 4

Sleeping Pigeon

Start in a seated position, extend one leg behind you while folding the other in front of you, and then lean your torso forward over your front leg, stretching deeply into your hips and glutes.

TIME: 60



Exercise 5

Reclining Goddess

Lie on your back with your knees bent and feet flat on the ground, then opening your knees wide apart while keeping the soles of your feet together, creating a stretch in your inner thighs and hips, resembling the pose of a reclining goddess.

TIME: 30



Exercise 6

Savasana Corpse Pose

Lie flat on your back with your legs slightly apart and arms extended at your sides, palms facing up, and relax your entire body while breathing deeply.

TIME: 30

Full Body Cool Down

Tap each exercise to see its video 

5 MIN



Exercise 1

Forward Bend

Stand with your feet hip-width apart, exhale as you hinge at the hips to bend forward, keeping your back straight, and reach towards the floor or your toes, depending on your flexibility, while keeping your knees slightly bent to avoid strain.

TIME: 30



Exercise 2

Upward Facing Dog To Side To Side Hip Dip

Start in an upward facing dog position with your palms and tops of your feet pressed into the ground, chest open and facing forward, then smoothly dip your hips from one side to the other, creating a fluid side-to-side motion while keeping your arms straight and core engaged.

TIME: 30



Exercise 3

Down Dog

Form an inverted V-shape with your body by placing your hands and feet on the ground, hips pushed up and back, and head down between your arms.

TIME: 30



Exercise 4

Cat Cow

Get on your hands and knees, then alternately arching your back towards the ceiling while tucking your chin to your chest, and dipping your back down while lifting your head and tailbone up to stretch and mobilize the spine.

TIME: 30



Exercise 5

Side Stretch

Sit with your feet shoulder-width apart, raise arms overhead while bringing your upper body to the ground, lean to each side of your body while keeping your hips stationary.

TIME: 60



Exercise 6

Spinal Twist

Sit on the floor with legs extended, then bend one knee over the opposite leg and using the opposite arm to press against the outside of the bent knee, twisting the torso and looking over the shoulder to stretch the spine.

TIME: 30



Exercise 7

Savasana Corpse Pose

Lie flat on your back with your legs slightly apart and arms extended at your sides, palms facing up, and relax your entire body while breathing deeply.

TIME: 30



Week 1-2: The Commitment Phase

This phase is about building consistency, learning proper movement patterns, and establishing a routine you can stick to. Focus on showing up, moving with intention, and creating the habits that will support the rest of your 12-week journey.

Week 1, Day 1 - Lower Body

Tap each exercise to see its video 

WARMUP

COOLDOWN

50 MIN

Activation

REPS: 12

SETS: 3

REST: 30 sec (per set)



Exercise 1

Lateral Banded Walk

Place a resistance band around your ankles and take small steps to the side, keeping your feet parallel and maintaining tension on the band.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

DB Goblet Squats

Hold a dumbbell close to your chest, squat down until your thighs are parallel to the ground, and then stand back up.



Exercise 3

DB RDL

Hold two dumbbells with your arms straight, hinge at the hips to lower the weights towards the ground while keeping your back straight, then return to standing position.

Single Exercise

REPS: 12-16 (each side)

SETS: 3

REST: 30 sec (per set)



Exercise 4

DB Reverse Lunges

Step back with one leg and lower your body until your front knee is bent at a 90-degree angle while holding dumbbells, then return to standing position and repeat with the other leg.

Superset

REPS: 12-16 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 5

DB Prone Frogger Abductions

Lie face down on the ground with your arms extended in front of you, lift your legs off the ground and spread them apart as far as possible, then bring them back together and repeat.



Exercise 6

DB Hip Thrusts

Lie with your back resting on a bench and your knees bent, feet flat on the ground, and lift your hips up towards the ceiling while squeezing your glutes.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 7

DB Leg Extension

While seated and holding a dumbbell with your feet, extend your legs out in front of you and then bring them back down to a bent position, repeating for desired number of reps.




Exercise 8

DB Hamstring Curls

Lie face down with a dumbbell placed securely between your feet, then lift your legs off the ground by contracting your hamstrings, keeping the dumbbell in place throughout the movement.

Week 1, Day 2 - Upper / Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

60 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Hands Elevated Push Up

Start in a plank position with your hands elevated on a stable surface, lower your body towards the surface and push back up to complete one repetition.



Exercise 2

Supported Reverse Crunches

Lie on your back with your legs extended, place your hands under your hips for support, bend knees at a 90-degree angle bringing them up and lift your hips off the ground while contracting your abs.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Bent Over Dumbbell Rows

Bend over at the waist with a dumbbell in each hand, pull the weights up towards your chest while keeping your back straight, then lower them back down.



Exercise 4

DB Lateral Hold Hollow Bodies

Hold a dumbbell in one hand while lying on your back and simultaneously lift your legs and upper body off the ground into a hollow body position.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

DB Bent Over Reverse Flies With Rear Delt Raise Combo

Bend over at the waist with dumbbells in hand, lift arm back and then out to the side while squeezing shoulder blades together.



Exercise 6

DB L Raise Superwomans

Lie face down with your legs lifted off the floor and dumbbells in each hand, with elbows bent lift your arms up toward the ceiling and lower back down.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

DB Shoulder Presses

Lift dumbbells from shoulder height to above your head, keeping your elbows close to your body and then lower them back down to shoulder height.



Exercise 8

Bear Stance Forward Reaches

Position yourself on your hands and toes, with knees slightly lifted off the ground and alternate reaching forward with your arms.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

DB Front Raises

Hold a dumbbell in each hand, raise the weights in front of you to shoulder height, and slowly lower them back down.



Exercise 10

V Sit Feet Planted DB Twists (each side)

Sit with your feet planted, hold dumbbells, and twist your torso from side to side.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 11

Alternating High Knees With Biceps Curls

Lift one knee while simultaneously curling the dumbbells towards your shoulder, then switch to the other knee and repeat.



Exercise 12

DB Bent Over Triceps Extensions

Hold a dumbbell in both hands, hinge forward at the hips with a flat back, and extend your arms behind you to work your triceps.

Week 1, Day 3 - Lower Body

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Activation

REPS: 12 (each side)

SETS: 3

REST: 30 sec (per set)



Exercise 1

Clamshells With DB Hip Thrusts

Lie on your side with knees bent and lift your top knee while simultaneously thrusting your hips up with a dumbbell resting behind your knee.

Superset

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 2

DB Bent Leg Abductions

With your knees bent, hold a dumbbell against your ankle, and lift your legs up and out to the sides while keeping your knees bent and squeezing your glute. Hold onto a stable surface for support.



Exercise 3

Tabletop Donkey Kicks w/ Fire Hydrant

Start in a tabletop position, lift one leg up and kick it back while keeping it bent, then lift it out to the side like a fire hydrant and bring it back to the starting position.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

DB Lateral Goblet Squats

Hold a dumbbell in front of your chest, step to the side into a squat, return to center, and repeat on the other side.



Exercise 5

Sumo RDL: Double Dumbbell

Hold two dumbbells at your sides with a wide stance, hinge at the hips while keeping your back straight, and lower the weights towards the ground.

Single Exercise

REPS: 12-16 (each side)

SETS: 3

REST: 60 sec (per set)



Exercise 6

DB Reverse Lunges

Step back with one leg and lower your body until your front knee is bent at a 90-degree angle while holding dumbbells, then return to standing position and repeat with the other leg.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 7

DB Bench Hamstring Curls

Lie face down on a bench holding a dumbbell with your feet, bending at the knees curl the dumbbell towards your glutes using your hamstrings.

Single Exercise

TIME: 30 sec

SETS: 1

REST:



Exercise 8

Jump Squats

Perform a squat and then jump explosively upwards, landing softly and immediately going into another squat.

Week 1, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

High Knees

Run in place while lifting your knees up high towards your chest.



Exercise 2

DB Arnold Shoulder Presses

Hold dumbbells at shoulder height, rotate palms to face body, press weights overhead while rotating palms to face forward, lower back down to starting position and repeat.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

High Knees

Run in place while lifting your knees up high towards your chest.



Exercise 4

Bent Over Dumbbell Rows

Bend over at the waist with a dumbbell in each hand, pull the weights up towards your chest while keeping your back straight, then lower them back down.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

High Knees

Run in place while lifting your knees up high towards your chest.



Exercise 6

DB Rear Delt Raises

To perform DB Rear Delt Raises, with a dumbbell in each hand, lean forward, and raise your arms behind until they are parallel to the ground.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

High Knees

Run in place while lifting your knees up high towards your chest.



Exercise 8

DB Biceps Curls

Hold dumbbells with palms facing up, curl them towards your shoulders while keeping your elbows close to your body, and then slowly lower them back down.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

High Knees

Run in place while lifting your knees up high towards your chest.



Exercise 10

Bear Stance Row To Triceps Extension w/ DB (each side)

Begin in a bear stance position, row the dumbbell towards your chest and then extend your arms back to work your triceps.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 11

High Knees

Run in place while lifting your knees up high towards your chest.




Exercise 12

V Sit Feet Planted Forward Press

Sit with your feet planted and press forward while keeping your core engaged.

Week 1, Day 5 - Lower Body

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Single Exercise

REPS: 12-16 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 1

Banded Superwoman With Abductions

Lie face down on a mat with a resistance band above your knees, and lift your arms and legs off the ground while simultaneously spreading your legs apart.

Single Exercise

REPS: 12 (each side)

SETS: 3

REST: 30 sec (per set)



Exercise 2

DB B-Stance Goblet Squats

Perform a squat while holding a weight in front of your chest, with one foot slightly behind the other for balance.

Superset

REPS: 10-12 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 3

DB Straddle Squats

Begin with feet wider than shoulder-width apart, toes pointed outwards, and holding dumbbells in front of your body, then lower your hips down and back into a squat position while keeping your chest up and core engaged.



Exercise 4

DB Narrow Stance RDLs

Perform a Romanian deadlift with a narrow stance, keeping the dumbbells close to your body and hinging at the hips while maintaining a straight back.

Single Exercise

REPS: 12-16 (each side)

SETS: 3

REST: 30 sec (per set)



Exercise 5

DB Step Ups

Step up onto a raised platform with one foot, then bring the other foot up to meet it before stepping back down and repeating on the other side.

Superset

REPS: 10-12 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 6

DB Hip Thrusts

Lie with your back resting on a bench and your knees bent, feet flat on the ground, and lift your hips up towards the ceiling while squeezing your glutes.



Exercise 7

DB Prone Frogger Abductions

Lie face down on the ground with your arms extended in front of you, lift your legs off the ground and spread them apart as far as possible, then bring them back together and repeat. Lifting your knees up high towards your chest.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 8

Superwoman Lift Ups

Lie face down on the ground with arms and legs extended, then lift both arms and legs off the ground simultaneously and hold for a few seconds before lowering back down.

Week 1, Day 5 - Lower Body

Continuation

Tap each exercise to see its video 

90 MIN

Single Exercise

REPS: 10-12 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 9

DB Hamstring Curls

Lie face down on a mat with a resistance band above your knees, and lift your arms and legs off the ground while simultaneously spreading your legs apart.

Single Exercise

REPS: 10 minutes

SETS: 1

REST:




Exercise 10

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form.

Week 1, Day 6 - Full Body Circuit

Tap each exercise to see its video 

WARMUP

COOLDOWN

45 MIN

Circuit

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

DB Straddle Squats

Begin with feet wider than shoulder-width apart, toes pointed outwards, and holding dumbbells in front of your body, then lower your hips down and back into a squat position while keeping your chest up and core engaged.



Exercise 2

DB Squat To Press

Hold dumbbells at shoulder height, squat down, then stand up and press the dumbbells overhead.



Exercise 3

DB RDLs Alt Arm Rows (each side)

With dumbbells in hand, bend over and row one arm at a time towards your hip, alternating sides. Keep your back straight and focus on engaging your back muscles.



Exercise 4

Supported DB Reverse Lunge With Curl (each side)

Step back with one foot while holding dumbbells, perform a bicep curl, and return to standing position.



Exercise 5

DB Lateral Hollow Body With Knees To Chest

Lie on your back with arms extended overhead, lift legs and upper body off the ground while bringing knees to chest and squeezing abs.



Exercise 6

DB Static Glute Bridge With Chest Presses

Lie on your back, supported by a bench and perform chest presses with dumbbells.



Exercise 7

DB Seated Triceps Extensions

Sit with a dumbbell in both hands, extend your arms straight up and then lower the weight behind your head while keeping your elbows stationary.



Exercise 8

Plank With Leg Lifts

Start in a plank position and lift one leg off the ground, lower and repeat with the other leg.

Week 1, Day 7 - Optional Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Hollow Body Crunches

Lie on your back, lift your arms and legs off the ground, and crunch your upper body towards your lower body while keeping your core engaged.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

BW Side To Side Reaches

Lie on your back and reach laterally towards your heels, engaging the core

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Around The Worlds With Alt Leg Raise

Lie on your back, lift one leg while simultaneously touching your hand under the lifted leg, then perform on the other side.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

Supported Reverse Crunches

Lie on your back with your legs extended, place your hands under your hips for support, bend knees at a 90-degree angle bringing them up and lift your hips off the ground while contracting your abs.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Plank With Leg Lifts

Start in a plank position and lift one leg off the ground, lower and repeat with the other leg.

Single Exercise

REPS: 20 minutes

SETS: 1

REST:



Exercise 6

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form

Week 2, Day 1 - Lower Body

Tap each exercise to see its video 

WARMUP

COOLDOWN

50 MIN

Activation

REPS: 12

SETS: 3

REST: 30 sec (per set)



Exercise 1

Lateral Banded Walk

Place a resistance band around your ankles and take small steps to the side, keeping your feet parallel and maintaining tension on the band.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

DB Goblet Squats

Hold a dumbbell close to your chest, squat down until your thighs are parallel to the ground, and then stand back up.



Exercise 3

DB RDL

Hold two dumbbells with your arms straight, hinge at the hips to lower the weights towards the ground while keeping your back straight, then return to standing position.

Single Exercise

REPS: 12-16 (each side)

SETS: 3

REST: 30 sec (per set)



Exercise 4

DB Reverse Lunges

Step back with one leg and lower your body until your front knee is bent at a 90-degree angle while holding dumbbells, then return to standing position and repeat with the other leg.

Superset

REPS: 12-16 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 5

DB Prone Frogger Abductions

Lie face down on the ground with your arms extended in front of you, lift your legs off the ground and spread them apart as far as possible, then bring them back together and repeat.



Exercise 6

DB Hip Thrusts

Lie with your back resting on a bench and your knees bent, feet flat on the ground, and lift your hips up towards the ceiling while squeezing your glutes.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 7

DB Leg Extension

While seated and holding a dumbbell with your feet, extend your legs out in front of you and then bring them back down to a bent position, repeating for desired number of reps.




Exercise 8

DB Hamstring Curls

Lie face down with a dumbbell placed securely between your feet, then lift your legs off the ground by contracting your hamstrings, keeping the dumbbell in place throughout the movement.

Week 2, Day 2 - Upper / Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

60 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Hands Elevated Push Up

Start in a plank position with your hands elevated on a stable surface, lower your body towards the surface and push back up to complete one repetition.



Exercise 2

Supported Reverse Crunches

Lie on your back with your legs extended, place your hands under your hips for support, bend knees at a 90-degree angle bringing them up and lift your hips off the ground while contracting your abs.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Bent Over Dumbbell Rows

Bend over at the waist with a dumbbell in each hand, pull the weights up towards your chest while keeping your back straight, then lower them back down.



Exercise 4

DB Lateral Hold Hollow Bodies

Hold a dumbbell in one hand while lying on your back and simultaneously lift your legs and upper body off the ground into a hollow body position.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

DB Bent Over Reverse Flies With Rear Delt Raise Combo

Bend over at the waist with dumbbells in hand, lift arm back and then out to the side while squeezing shoulder blades together.



Exercise 6

DB L Raise Superwomans

Lie face down with your legs lifted off the floor and dumbbells in each hand, with elbows bent lift your arms up toward the ceiling and lower back down.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

DB Shoulder Presses

Lift dumbbells from shoulder height to above your head, keeping your elbows close to your body and then lower them back down to shoulder height.



Exercise 8

Bear Stance Forward Reaches

Position yourself on your hands and toes, with knees slightly lifted off the ground and alternate reaching forward with your arms.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

DB Front Raises

Hold a dumbbell in each hand, raise the weights in front of you to shoulder height, and slowly lower them back down.



Exercise 10

V Sit Feet Planted DB Twists (each side)

Sit with your feet planted, hold dumbbells, and twist your torso from side to side.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 11

Alternating High Knees With Biceps Curls

Lift one knee while simultaneously curling the dumbbells towards your shoulder, then switch to the other knee and repeat.




Exercise 12

DB Bent Over Triceps Extensions

Hold a dumbbell in both hands, hinge forward at the hips with a flat back, and extend your arms behind you to work your triceps.

Week 2, Day 3 - Lower Body

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Activation

REPS: 12 (each side)

SETS: 3

REST: 30 sec (per set)



Exercise 1

Clamshells With DB Hip Thrusts

Lie on your side with knees bent and lift your top knee while simultaneously thrusting your hips up with a dumbbell resting behind your knee.

Superset

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 2

DB Bent Leg Abductions

With your knees bent, hold a dumbbell against your ankle, and lift your legs up and out to the sides while keeping your knees bent and squeezing your glute. Hold onto a stable surface for support.



Exercise 3

Tabletop Donkey Kicks w/ Fire Hydrant

Start in a tabletop position, lift one leg up and kick it back while keeping it bent, then lift it out to the side like a fire hydrant and bring it back to the starting position.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

DB Lateral Goblet Squats

Hold a dumbbell in front of your chest, step to the side into a squat, return to center, and repeat on the other side.



Exercise 5

Sumo RDL: Double Dumbbell

Hold two dumbbells at your sides with a wide stance, hinge at the hips while keeping your back straight, and lower the weights towards the ground.

Single Exercise

REPS: 12-16 (each side)

SETS: 3

REST: 60 sec (per set)



Exercise 6

DB Reverse Lunges

Step back with one leg and lower your body until your front knee is bent at a 90-degree angle while holding dumbbells, then return to standing position and repeat with the other leg.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 7

DB Bench Hamstring Curls

Lie face down on a bench holding a dumbbell with your feet, bending at the knees curl the dumbbell towards your glutes using your hamstrings.

Single Exercise

TIME: 30 sec

SETS: 1

REST:



Exercise 8

Jump Squats

Perform a squat and then jump explosively upwards, landing softly and immediately going into another squat.

Week 2, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

High Knees

Run in place while lifting your knees up high towards your chest.



Exercise 2

DB Arnold Shoulder Presses

Hold dumbbells at shoulder height, rotate palms to face body, press weights overhead while rotating palms to face forward, lower back down to starting position and repeat.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

High Knees

Run in place while lifting your knees up high towards your chest.



Exercise 4

Bent Over Dumbbell Rows

Bend over at the waist with a dumbbell in each hand, pull the weights up towards your chest while keeping your back straight, then lower them back down.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

High Knees

Run in place while lifting your knees up high towards your chest.



Exercise 6

DB Rear Delt Raises

To perform DB Rear Delt Raises, with a dumbbell in each hand, lean forward, and raise your arms behind until they are parallel to the ground.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

High Knees

Run in place while lifting your knees up high towards your chest.



Exercise 8

DB Biceps Curls

Hold dumbbells with palms facing up, curl them towards your shoulders while keeping your elbows close to your body, and then slowly lower them back down.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

High Knees

Run in place while lifting your knees up high towards your chest.



Exercise 10

Bear Stance Row To Triceps Extension w/ DB (each side)

Begin in a bear stance position, row the dumbbell towards your chest and then extend your arms back to work your triceps.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 11

High Knees

Run in place while lifting your knees up high towards your chest.




Exercise 12

V Sit Feet Planted Forward Press

Sit with your feet planted and press forward while keeping your core engaged.

Week 2, Day 5 - Lower Body

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Single Exercise

REPS: 12-16 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 1

Banded Superwoman With Abductions

Lie face down on a mat with a resistance band above your knees, and lift your arms and legs off the ground while simultaneously spreading your legs apart.

Single Exercise

REPS: 12 (each side)

SETS: 3

REST: 30 sec (per set)



Exercise 2

DB B-Stance Goblet Squats

Perform a squat while holding a weight in front of your chest, with one foot slightly behind the other for balance.

Superset

REPS: 10-12 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 3

DB Straddle Squats

Begin with feet wider than shoulder-width apart, toes pointed outwards, and holding dumbbells in front of your body, then lower your hips down and back into a squat position while keeping your chest up and core engaged.



Exercise 4

DB Narrow Stance RDLs

Perform a Romanian deadlift with a narrow stance, keeping the dumbbells close to your body and hinging at the hips while maintaining a straight back.

Single Exercise

REPS: 12-16 (each side)

SETS: 3

REST: 30 sec (per set)



Exercise 5

DB Step Ups

Step up onto a raised platform with one foot, then bring the other foot up to meet it before stepping back down and repeating on the other side.

Superset

REPS: 10-12 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 6

DB Hip Thrusts

Lie with your back resting on a bench and your knees bent, feet flat on the ground, and lift your hips up towards the ceiling while squeezing your glutes.



Exercise 7

DB Prone Frogger Abductions

Lie face down on the ground with your arms extended in front of you, lift your legs off the ground and spread them apart as far as possible, then bring them back together and repeat. Lifting your knees up high towards your chest.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 8

Superwoman Lift Ups

Lie face down on the ground with arms and legs extended, then lift both arms and legs off the ground simultaneously and hold for a few seconds before lowering back down.

Week 2, Day 5 - Lower Body

Continuation

Tap each exercise to see its video 

90 MIN

Single Exercise

REPS: 10-12 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 9

DB Hamstring Curls

Lie face down on a mat with a resistance band above your knees, and lift your arms and legs off the ground while simultaneously spreading your legs apart.

Single Exercise

REPS: 10 minutes

SETS: 1

REST:



Exercise 10

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form.

Week 2, Day 6 - Full Body Circuit

Tap each exercise to see its video 

WARMUP

COOLDOWN

45 MIN

Circuit

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

DB Straddle Squats

Begin with feet wider than shoulder-width apart, toes pointed outwards, and holding dumbbells in front of your body, then lower your hips down and back into a squat position while keeping your chest up and core engaged.



Exercise 2

DB Squat To Press

Hold dumbbells at shoulder height, squat down, then stand up and press the dumbbells overhead.



Exercise 3

DB RDLs Alt Arm Rows (each side)

With dumbbells in hand, bend over and row one arm at a time towards your hip, alternating sides. Keep your back straight and focus on engaging your back muscles.



Exercise 4

Supported DB Reverse Lunge With Curl (each side)

Step back with one foot while holding dumbbells, perform a bicep curl, and return to standing position.



Exercise 5

DB Lateral Hollow Body With Knees To Chest

Lie on your back with arms extended overhead, lift legs and upper body off the ground while bringing knees to chest and squeezing abs.



Exercise 6

DB Static Glute Bridge With Chest Presses

Lie on your back, supported by a bench and perform chest presses with dumbbells.



Exercise 7

DB Seated Triceps Extensions

Sit with a dumbbell in both hands, extend your arms straight up and then lower the weight behind your head while keeping your elbows stationary.



Exercise 8

Plank With Leg Lifts

Start in a plank position and lift one leg off the ground, lower and repeat with the other leg.

Week 2, Day 7 - Optional Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Hollow Body Crunches

Lie on your back, lift your arms and legs off the ground, and crunch your upper body towards your lower body while keeping your core engaged.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

BW Side To Side Reaches

Lie on your back and reach laterally towards your heels, engaging the core

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Around The Worlds With Alt Leg Raise

Lie on your back, lift one leg while simultaneously touching your hand under the lifted leg, then perform on the other side.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

Supported Reverse Crunches

Lie on your back with your legs extended, place your hands under your hips for support, bend knees at a 90-degree angle bringing them up and lift your hips off the ground while contracting your abs.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Plank With Leg Lifts

Start in a plank position and lift one leg off the ground, lower and repeat with the other leg.

Single Exercise

REPS: 20 minutes

SETS: 1

REST:



Exercise 6

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form

Week 3 - 6 : The Momentum Phase

During this phase, workouts will begin to feel more familiar as strength improves and movement becomes smoother. You'll start to feel fitter, more capable, and more confident in your ability to handle increased challenge.



Week 3, Day 1 - Lower Body

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Activation

REPS: 12

SETS: 3

REST: 30 sec (per set)



Exercise 1

Lateral Banded Squats Walks

Place a resistance band around your thighs, squat down, and take small steps to the side while maintaining tension on the band. Switch sides at halfway.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

DB Straddle Squats

Begin with feet wider than shoulder-width apart, toes pointed outwards, and holding dumbbells in front of your body, then lower your hips down and back into a squat position while keeping your chest up and core engaged.



Exercise 3

Sumo RDL: Double Dumbbell

Hold two dumbbells at your sides with a wide stance, hinge at the hips while keeping your back straight, and lower the weights towards the ground.

Superset

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 4

DB Deficit Reverse Lunges

Step back with one foot onto a raised surface while holding dumbbells, then lower your back knee towards the ground and return to standing position.



Exercise 5

Dynamic Bodyweight Lateral Lunge To High Knee

Step laterally with one foot while simultaneously raising the opposite knee towards your chest, then return to standing position and repeat on the other side.

Superset

REPS: 12-16 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 6

Exaggerated Hip Hikes With Abduction w/ DB (each side)

Standing upright, lift one hip higher than the other, and simultaneously extend the leg laterally. Hold a dumbbell and engage the hip abductors for enhanced strength and stability.



Exercise 7

DB Hip Thrusts

Lie with your back resting on a bench and your knees bent, feet flat on the ground, and lift your hips up towards the ceiling while squeezing your glutes.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 8

DB Leg Extension

While seated and holding a dumbbell with your feet, extend your legs out in front of you and then bring them back down to a bent position, repeating for desired number of reps.



Exercise 9

DB Hamstring Curls

Lie face down with a dumbbell placed securely between your feet, then lift your legs off the ground by contracting your hamstrings, keeping the dumbbell in place throughout the movement.

Single Exercise

REPS: 30 minutes

SETS: 1

REST: 30 sec (per set)



Exercise 10

DB Walking Lunges

Step forward with one leg and lower your body until your front knee is bent at a 90-degree angle, then push back up and repeat with the other leg.

Week 3, Day 2 - Upper / Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

60 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Bent Over Dumbbell Rows

Bend over at the waist with a dumbbell in each hand, pull the weights up towards your chest while keeping your back straight, then lower them back down.



Exercise 2

DB Lateral Hollow Body With Knees To Chest

Lie on your back with arms extended overhead, lift legs and upper body off the ground while bringing knees to chest and squeezing abs.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Hands Elevated Push Up

Start in a plank position with your hands elevated on a stable surface, lower your body towards the surface and push back up to complete one repetition.



Exercise 4

Supported Reverse Crunches

Lie on your back with your legs extended, place your hands under your hips for support, bend knees at a 90-degree angle bringing them up and lift your hips off the ground while contracting your abs.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

DB Rear Delt Raises

To perform DB Rear Delt Raises, with a dumbbell in each hand, lean forward, and raise your arms behind until they are parallel to the ground.



Exercise 6

Superwoman Swimmers With Shoulder Rotations

Lie face down on a mat with arms extended overhead, lift arms and legs off the ground while rotating shoulders back and down.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

DB Arnold Shoulder Presses

Hold dumbbells at shoulder height, rotate palms to face body, press weights overhead while rotating palms to face forward, lower back down to starting position and repeat.



Exercise 8

Bear Stance Shoulder Taps (each side)

Assume a bear stance position and alternate tapping your shoulders with your hands.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

DB Kneeling Front Raises

While kneeling on the ground, hold dumbbells in each hand and raise them in front of you to shoulder height, keeping your core engaged and elbows slightly bent.



Exercise 10

V Sit Feet Planted DB Twists (each side)

Sit with your feet planted, hold dumbbells, and twist your torso from side to side.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 11

DB Biceps Curls

Hold dumbbells with palms facing up, curl them towards your shoulders while keeping your elbows close to your body, and then slowly lower them back down.



Exercise 12

DB Bent Over Triceps Extensions

Hold a dumbbell in both hands, hinge forward at the hips with a flat back, and extend your arms behind you to work your triceps.

Week 3, Day 3 - Lower Body

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Activation

REPS: 12

SETS: 3

REST: 30 sec (per set)



Exercise 1

45° Bent Leg Banded Abductions (each side)

Stand on one foot with a resistance band around your thighs and your knees bent, and lift your leg up and out to the sides while keeping your knees bent and squeezing your glute. Hold onto a stable surface for support.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 2

DB Squat To Abduction (each side)

Perform a squat while simultaneously lifting one leg out to the side.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

DB Goblet Squats

Hold a dumbbell close to your chest, squat down until your thighs are parallel to the ground, and then stand back up.



Exercise 4

DB Narrow Stance RDLs

Perform a Romanian deadlift with a narrow stance, keeping the dumbbells close to your body and hinging at the hips while maintaining a straight back.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 5

Dumbbell Supported Curtsy Reverse Lunges (each side)

Step back with one foot and cross it behind the other, bending both knees to lower into a lunge position while holding onto a stable surface for support.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 6

DB Lateral Lunges (each side)

Step to the side with one foot while keeping the other foot planted, then lower your body by bending the knee of the stepping foot and pushing your hips back, then return to standing. Repeat on the other side.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

DB Long Lever Glute Bridge

Lie on your back with your knees bent, heels on the ground, and lift your hips up towards the ceiling while holding a weight on your pelvis.

Week 3, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 2

Bent Over Dumbbell Rows

Bend over at the waist with a dumbbell in each hand, pull the weights up towards your chest while keeping your back straight, then lower them back down.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 4

DB Arnold Shoulder Presses

Hold dumbbells at shoulder height, rotate palms to face body, press weights overhead while rotating palms to face forward, lower back down to starting position and repeat.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 6

DB Kneeling Reverse Flies With Rear Delt Raise Combo

While kneeling, hold dumbbells and perform a reverse fly motion while also raising your arms out to the side to target the rear deltoids.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 8

DB Diagonal Raises (each side)

Holding a dumbbell with both hands, raise your arms diagonally towards the ceiling and slowly lower them back down.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 10

V Sit DB Biceps Curls

Sit on the floor with your legs straight out in front of you, hold dumbbells in each hand, and curl the weights up towards your shoulders while simultaneously lifting your legs off the ground to form a V shape.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 11

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 12

Bear Stance Row To Triceps Extension w/ DB (each side)

Begin in a bear stance position, row the dumbbell towards your chest and then extend your arms back to work your triceps.

Week 3, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

40 MIN

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 13

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 14

DB Lateral Hold Hollow Bodies

Hold a dumbbell in one hand while lying on your back and simultaneously lift your legs and upper body off the ground into a hollow body position.

Superset

REPS: 60 seconds

SETS: 4

REST: 30 sec (per set)



Exercise 15

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Superset

REPS: 20 minutes

SETS: 1

REST:



Exercise 16

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form

Week 3, Day 5 - Lower Body

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Superset

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 30 sec (per set)



Exercise 1

Banded Clamshells

Lie on your side with a resistance band around your thighs, then lift your top knee while keeping your feet together.



Exercise 2

Exaggerated Hip Hikes With Abduction w/ DB

Standing upright, lift one hip higher than the other, and simultaneously extend the leg laterally. Intensify the exercise by holding a dumbbell in hand, and engaging the hip abductors for enhanced strength and stability.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

DB Straddle Squats

Begin with feet wider than shoulder-width apart, toes pointed outwards, and holding dumbbells in front of your body, then lower your hips down and back into a squat position while keeping your chest up and core engaged.



Exercise 4

DB Seated Good Mornings

Sit on a bench and hinge forward at the hips while keeping your back straight.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 5

DB Step Ups (each side)

Step up onto a raised platform with one foot, then bring the other foot up to meet it before stepping back down and repeating on the other side.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 6

DB Hip Thrusts

Lie with your back resting on a bench and your knees bent, feet flat on the ground, and lift your hips up towards the ceiling while squeezing your glutes.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

Bench Reverse Hyper Froggers With Abductions

Lie face down on a bench with your legs hanging off the edge, then lift your legs up while squeezing your glutes and abducting your legs out to the sides.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 8

Weighted Wall Sits With Alternating Leg Raise (each side)

Hold a weight against your chest while sitting against a wall and alternate lifting one leg at a time.



Exercise 9

DB Bench Hamstring Curls

Lie face down on a bench holding a dumbbell with your feet, bending at the knees curl the dumbbell towards your glutes using your hamstrings.

Week 3, Day 6 - Full Body Circuit

Tap each exercise to see its video 

WARMUP

COOLDOWN

45 MIN

Circuit

REPS: 12 (per exercise)

SETS: 4

REST: 15 sec (per set)



Exercise 1

DB Lateral Lunges (each side)

Step to the side with one foot while keeping the other foot planted, then lower your body by bending the knee of the stepping foot and pushing your hips back, then return to standing. Repeat on the other side.



Exercise 2

DB Squat To Press

Hold dumbbells at shoulder height, squat down, then stand up and press the dumbbells overhead.



Exercise 3

DB RDLs Alt Arm Rows (each side)

With dumbbells in hand, bend over and row one arm at a time towards your hip, alternating sides. Keep your back straight and focus on engaging your back muscles.



Exercise 4

Lunge Back With Opposing Arm Curl (each side)

Step back with one foot while simultaneously curling the opposite arm towards your shoulder.



Exercise 5

DB Static Glute Bridge With Chest Presses

Lie on your back, supported by a bench and perform chest presses with dumbbells.



Exercise 6

DB Reverse Table Top Pullovers Crunches

Lie on your back with your legs in tabletop position, extend your arms overhead holding weight and pull them back towards your hips while crunching up.



Exercise 7

DB Suitcase Carry In Place Marches

Hold a dumbbell in one hand and march in place while keeping your core engaged and maintaining good posture.

Week 3, Day 7 - Optional Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Supported Reverse Crunches

Lie on your back with your legs extended, place your hands under your hips for support, bend knees at a 90-degree angle bringing them up and lift your hips off the ground while contracting your abs.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

Straight Leg Deadbug Variation

Lie on your back with your arms and legs extended, lift your legs up to a 90-degree angle and lower a leg down while simultaneously reaching your opposite arm overhead, then return to starting position and repeat on the other side.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Around The Worlds With Knee Tucks

Lie on your back, bring both knees towards your chest, touch your hands under your knee, and then extend both legs and arms simultaneously.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

V Sit Feet Planted Twists

Sit with your feet planted on the ground and twist your torso from side to side.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Forearm Plank Reaches

Start in a forearm plank position and reach one arm out in front of you, alternating arms while maintaining a stable core.

Single Exercise

REPS: 20 minutes

SETS: 1

REST:



Exercise 6

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form

Week 4, Day 1 - Lower Body

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Activation

REPS: 12

SETS: 3

REST: 30 sec (per set)



Exercise 1

Lateral Banded Squats Walks

Place a resistance band around your thighs, squat down, and take small steps to the side while maintaining tension on the band. Switch sides at halfway.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

DB Straddle Squats

Begin with feet wider than shoulder-width apart, toes pointed outwards, and holding dumbbells in front of your body, then lower your hips down and back into a squat position while keeping your chest up and core engaged.



Exercise 3

Sumo RDL: Double Dumbbell

Hold two dumbbells at your sides with a wide stance, hinge at the hips while keeping your back straight, and lower the weights towards the ground.

Superset

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 4

DB Deficit Reverse Lunges

Step back with one foot onto a raised surface while holding dumbbells, then lower your back knee towards the ground and return to standing position.



Exercise 5

Dynamic Bodyweight Lateral Lunge To High Knee

Step laterally with one foot while simultaneously raising the opposite knee towards your chest, then return to standing position and repeat on the other side.

Superset

REPS: 12-16 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 6

Exaggerated Hip Hikes With Abduction w/ DB (each side)

Standing upright, lift one hip higher than the other, and simultaneously extend the leg laterally. Hold a dumbbell and engage the hip abductors for enhanced strength and stability.



Exercise 7

DB Hip Thrusts

Lie with your back resting on a bench and your knees bent, feet flat on the ground, and lift your hips up towards the ceiling while squeezing your glutes.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 8

DB Leg Extension

While seated and holding a dumbbell with your feet, extend your legs out in front of you and then bring them back down to a bent position, repeating for desired number of reps.



Exercise 9

DB Hamstring Curls

Lie face down with a dumbbell placed securely between your feet, then lift your legs off the ground by contracting your hamstrings, keeping the dumbbell in place throughout the movement.

Single Exercise

REPS: 30 minutes

SETS: 1

REST: 30 sec (per set)



Exercise 10

DB Walking Lunges

Step forward with one leg and lower your body until your front knee is bent at a 90-degree angle, then push back up and repeat with the other leg.

Week 4, Day 2 - Upper / Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

60 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Bent Over Dumbbell Rows

Bend over at the waist with a dumbbell in each hand, pull the weights up towards your chest while keeping your back straight, then lower them back down.



Exercise 2

DB Lateral Hollow Body With Knees To Chest

Lie on your back with arms extended overhead, lift legs and upper body off the ground while bringing knees to chest and squeezing abs.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Hands Elevated Push Up

Start in a plank position with your hands elevated on a stable surface, lower your body towards the surface and push back up to complete one repetition.



Exercise 4

Supported Reverse Crunches

Lie on your back with your legs extended, place your hands under your hips for support, bend knees at a 90-degree angle bringing them up and lift your hips off the ground while contracting your abs.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

DB Rear Delt Raises

To perform DB Rear Delt Raises, with a dumbbell in each hand, lean forward, and raise your arms behind until they are parallel to the ground.



Exercise 6

Superwoman Swimmers With Shoulder Rotations

Lie face down on a mat with arms extended overhead, lift arms and legs off the ground while rotating shoulders back and down.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

DB Arnold Shoulder Presses

Hold dumbbells at shoulder height, rotate palms to face body, press weights overhead while rotating palms to face forward, lower back down to starting position and repeat.



Exercise 8

Bear Stance Shoulder Taps (each side)

Assume a bear stance position and alternate tapping your shoulders with your hands.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

DB Kneeling Front Raises

While kneeling on the ground, hold dumbbells in each hand and raise them in front of you to shoulder height, keeping your core engaged and elbows slightly bent.



Exercise 10

V Sit Feet Planted DB Twists (each side)

Sit with your feet planted, hold dumbbells, and twist your torso from side to side.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 11

DB Biceps Curls

Hold dumbbells with palms facing up, curl them towards your shoulders while keeping your elbows close to your body, and then slowly lower them back down.



Exercise 12

DB Bent Over Triceps Extensions

Hold a dumbbell in both hands, hinge forward at the hips with a flat back, and extend your arms behind you to work your triceps.

Week 4, Day 3 - Lower Body

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Activation

REPS: 12

SETS: 3

REST: 30 sec (per set)



Exercise 1

45° Bent Leg Banded Abductions (each side)

Stand on one foot with a resistance band around your thighs and your knees bent, and lift your leg up and out to the sides while keeping your knees bent and squeezing your glute. Hold onto a stable surface for support.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 2

DB Squat To Abduction (each side)

Perform a squat while simultaneously lifting one leg out to the side.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

DB Goblet Squats

Hold a dumbbell close to your chest, squat down until your thighs are parallel to the ground, and then stand back up.



Exercise 4

DB Narrow Stance RDLs

Perform a Romanian deadlift with a narrow stance, keeping the dumbbells close to your body and hinging at the hips while maintaining a straight back.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 5

Dumbbell Supported Curtsy Reverse Lunges (each side)

Step back with one foot and cross it behind the other, bending both knees to lower into a lunge position while holding onto a stable surface for support.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 6

DB Lateral Lunges (each side)

Step to the side with one foot while keeping the other foot planted, then lower your body by bending the knee of the stepping foot and pushing your hips back, then return to standing. Repeat on the other side.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

DB Long Lever Glute Bridge

Lie on your back with your knees bent, heels on the ground, and lift your hips up towards the ceiling while holding a weight on your pelvis.

Week 4, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 2

Bent Over Dumbbell Rows

Bend over at the waist with a dumbbell in each hand, pull the weights up towards your chest while keeping your back straight, then lower them back down.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 4

DB Arnold Shoulder Presses

Hold dumbbells at shoulder height, rotate palms to face body, press weights overhead while rotating palms to face forward, lower back down to starting position and repeat.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 6

DB Kneeling Reverse Flies With Rear Delt Raise Combo

While kneeling, hold dumbbells and perform a reverse fly motion while also raising your arms out to the side to target the rear deltoids.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 8

DB Diagonal Raises (each side)

Holding a dumbbell with both hands, raise your arms diagonally towards the ceiling and slowly lower them back down.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 10

V Sit DB Biceps Curls

Sit on the floor with your legs straight out in front of you, hold dumbbells in each hand, and curl the weights up towards your shoulders while simultaneously lifting your legs off the ground to form a V shape.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 11

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 12

Bear Stance Row To Triceps Extension w/ DB (each side)

Begin in a bear stance position, row the dumbbell towards your chest and then extend your arms back to work your triceps.

Week 4, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

40 MIN

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 13

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 14

DB Lateral Hold Hollow Bodies

Hold a dumbbell in one hand while lying on your back and simultaneously lift your legs and upper body off the ground into a hollow body position.

Superset

REPS: 60 seconds

SETS: 4

REST: 30 sec (per set)



Exercise 15

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Superset

REPS: 20 minutes

SETS: 1

REST:



Exercise 16

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form

Week 4, Day 5 - Lower Body

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Superset

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 30 sec (per set)



Exercise 1

Banded Clamshells

Lie on your side with a resistance band around your thighs, then lift your top knee while keeping your feet together.



Exercise 2

Exaggerated Hip Hikes With Abduction w/ DB

Standing upright, lift one hip higher than the other, and simultaneously extend the leg laterally. Intensify the exercise by holding a dumbbell in hand, and engaging the hip abductors for enhanced strength and stability.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

DB Straddle Squats

Begin with feet wider than shoulder-width apart, toes pointed outwards, and holding dumbbells in front of your body, then lower your hips down and back into a squat position while keeping your chest up and core engaged.



Exercise 4

DB Seated Good Mornings

Sit on a bench and hinge forward at the hips while keeping your back straight.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 5

DB Step Ups (each side)

Step up onto a raised platform with one foot, then bring the other foot up to meet it before stepping back down and repeating on the other side.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 6

DB Hip Thrusts

Lie with your back resting on a bench and your knees bent, feet flat on the ground, and lift your hips up towards the ceiling while squeezing your glutes.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

Bench Reverse Hyper Froggers With Abductions

Lie face down on a bench with your legs hanging off the edge, then lift your legs up while squeezing your glutes and abducting your legs out to the sides.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 8

Weighted Wall Sits With Alternating Leg Raise (each side)

Hold a weight against your chest while sitting against a wall and alternate lifting one leg at a time.



Exercise 9

DB Bench Hamstring Curls

Lie face down on a bench holding a dumbbell with your feet, bending at the knees curl the dumbbell towards your glutes using your hamstrings.

Week 4, Day 6 - Full Body Circuit

Tap each exercise to see its video 

WARMUP

COOLDOWN

45 MIN

Circuit

REPS: 12 (per exercise)

SETS: 4

REST: 15 sec (per set)



Exercise 1

DB Lateral Lunges (each side)

Step to the side with one foot while keeping the other foot planted, then lower your body by bending the knee of the stepping foot and pushing your hips back, then return to standing. Repeat on the other side.



Exercise 2

DB Squat To Press

Hold dumbbells at shoulder height, squat down, then stand up and press the dumbbells overhead.



Exercise 3

DB RDLs Alt Arm Rows (each side)

With dumbbells in hand, bend over and row one arm at a time towards your hip, alternating sides. Keep your back straight and focus on engaging your back muscles.



Exercise 4

Lunge Back With Opposing Arm Curl (each side)

Step back with one foot while simultaneously curling the opposite arm towards your shoulder.



Exercise 5

DB Static Glute Bridge With Chest Presses

Lie on your back, supported by a bench and perform chest presses with dumbbells.



Exercise 6

DB Reverse Table Top Pullovers Crunches

Lie on your back with your legs in tabletop position, extend your arms overhead holding weight and pull them back towards your hips while crunching up.



Exercise 7

DB Suitcase Carry In Place Marches

Hold a dumbbell in one hand and march in place while keeping your core engaged and maintaining good posture.

Week 4, Day 7 - Optional Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Supported Reverse Crunches

Lie on your back with your legs extended, place your hands under your hips for support, bend knees at a 90-degree angle bringing them up and lift your hips off the ground while contracting your abs.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

Straight Leg Deadbug Variation

Lie on your back with your arms and legs extended, lift your legs up to a 90-degree angle and lower a leg down while simultaneously reaching your opposite arm overhead, then return to starting position and repeat on the other side.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Around The Worlds With Knee Tucks

Lie on your back, bring both knees towards your chest, touch your hands under your knee, and then extend both legs and arms simultaneously.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

V Sit Feet Planted Twists

Sit with your feet planted on the ground and twist your torso from side to side.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Forearm Plank Reaches

Start in a forearm plank position and reach one arm out in front of you, alternating arms while maintaining a stable core.

Single Exercise

REPS: 20 minutes

SETS: 1

REST:



Exercise 6

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form

Week 5, Day 1 - Lower Body

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Single Exercise

REPS: 16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Lateral Banded Walk

Place a resistance band around your ankles and take small steps to the side, keeping your feet parallel and maintaining tension on the band.

Superset

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

DB Bulgarian Split Squats

Perform a lunge-like movement with one foot elevated behind you and holding dumbbells, lowering your body until your front thigh is parallel to the ground. If too difficult, drop DB and do bodyweight



Exercise 3

DB B Stance RDLs

Grab one dumbbell with one hand and position yourself in a staggered stance, with one foot behind and the heel elevated. Then, you hinge at the hips, maintaining a straight back and slightly bent knees.

Superset

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

DB Lateral Lunges

Step to the side with one foot while keeping the other foot planted, then lower your body by bending the knee of the stepping foot and pushing your hips back, then return to standing. Repeat on the other side.



Exercise 5

Dynamic Bodyweight Lunge To High Knee

Step laterally with one foot while simultaneously raising the opposite knee towards your chest, then return to standing position and repeat on the other side.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 6

Banded Superwoman With Abductions

Lie face down on a mat with a resistance band above your knees, and lift your arms and legs off the ground while simultaneously spreading your legs apart.



Exercise 7

DB 1 1/2 Hip Thrusts

Perform a hip thrust, lower halfway down, then raise back up to the top for one repetition.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 8

Single Leg Squat Heel/Toe Taps Combo (each side)

Stand on one leg and alternate tapping your heel and toe to the ground while performing a squat. Perform on the floor if beginners



Exercise 9

DB Hamstring Curls

Lie face down with a dumbbell placed securely between your feet, then lift your legs off the ground by contracting your hamstrings, keeping the dumbbell in place throughout the movement.

Single Exercise

REPS: 30 (per exercise)

SETS: 1

REST: 30 sec (per set)



Exercise 10

Jump Squats

Perform a squat and then jump explosively upwards, landing softly and immediately going into another squat.

Week 5, Day 2 - Upper / Abs

Continued on next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

60 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Unilateral DB Bent Over Rows (each side)

Hold a dumbbell in one hand, hinge forward at the hips, and pull the weight up towards your chest while keeping your elbow close to your body.



Exercise 2

DB OH Leg Raises

Lie on your back with your legs straight up in the air and lower them towards the ground while holding a dumbbell up with both hands.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Plank Alt Arm Lifts (each side)

Start in a plank position and lift one arm off the ground, holding for a few seconds before lowering and repeating with the other arm.



Exercise 4

DB Reverse Table Top Pullovers Crunches

Lie on your back with your legs in tabletop position, extend your arms overhead holding weight and pull them back towards your hips while crunching up.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

DB L Raise Supermans

Lie face down with your legs lifted off the floor and dumbbells in each hand, with elbows bent lift your arms up toward the ceiling and lower back down.



Exercise 6

BW Side To Side Reaches

Lie on your back and reach laterally towards your heels, engaging the core

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

Narrow Grip DB Shoulder Presses

Hold dumbbells with a narrow grip and press them overhead while keeping your elbows close to your body.



Exercise 8

Forearm Plank Reaches (each side)

Start in a forearm plank position and reach one arm out in front of you, alternating arms while maintaining a stable core.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

DB Diagonal Raises (each side)

Holding a dumbbell with both hands, raise your arms diagonally towards the ceiling and slowly lower them back down.



Exercise 10

Straight Leg Dumbbell Deadbug Variation

Lie on your back with your arms above your head, legs straight up in the air, and lower one leg while simultaneously lowering the opposite arm, then return to starting position and repeat on the other side.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 11

DB Lateral Raises

Lift dumbbells to the side of your body, keeping your arms straight, until they reach shoulder height, then lower them back down.

Week 5, Day 2 - Upper / Abs

Continuation

Tap each exercise to see its video 

60 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 12

V Sit DB Biceps Curls

Sit on the floor with your legs straight out in front of you, hold dumbbells in each hand, and curl the weights up towards your shoulders while simultaneously lifting your legs off the ground to form a V shape.



Exercise 13

DB Hollow Body With Triceps Extension

Lie on your back with arms extended overhead, lift legs and upper body off the ground while keeping lower back pressed into the floor, then extend arms towards the ceiling while keeping elbows close to your ears.

Week 5, Day 3 - Lower Body

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Activation

REPS: 12 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 1

Static Glute Bridge Banded Abductions

Lie on your back with your knees bent, lift your hips up into a bridge position and place a resistance band around your thighs, then push your knees outwards against the band while keeping your hips lifted.

Superset

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 2

DB Bent Leg Abductions

With your knees bent, hold a dumbbell against your ankle, and lift your legs up and out to the sides while keeping your knees bent and squeezing your glute. Hold onto a stable surface for support.



Exercise 3

Banded Kickbacks

Loop a resistance band around your feet, and extend your leg backwards while keeping your knee straight, then return to starting position and repeat. Use a stable surface to support you

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

Banded Lateral Goblet Squats

Hold a weight in front of your chest and loop a resistance band around your thighs. Stand with feet hip-width apart, then step to the side while squatting down.



Exercise 5

DB RDL

Hold two dumbbells with your arms straight, hinge at the hips to lower the weights towards the ground while keeping your back straight, then return to standing position.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 6

DB Step Ups

Step up onto a raised platform with one foot, then bring the other foot up to meet it before stepping back down and repeating on the other side.

Single Exercise

REPS: 10-12 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 7

DB Lateral Lunges

Step to the side with one foot while keeping the other foot planted, then lower your body by bending the knee of the stepping foot and pushing your hips back, then return to standing. Repeat on the other side.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 8

DB Long Lever Glute Bridge

Lie on your back with your knees bent, heels on the ground, and lift your hips up towards the ceiling while holding a weight on your pelvis.

Week 5, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 2

Superwoman With Swimmers

Lie face down on a mat with arms and legs extended. Lift your legs and perform pull-downs with your arms.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 4

DB Bear Stance Rows (each side)

Assume a bear stance position with dumbbells in hand, then perform rows by pulling the weights towards your chest while keeping your back straight.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 6

DB Biceps Curls

Hold dumbbells with palms facing up, curl them towards your shoulders while keeping your elbows close to your body, and then slowly lower them back down.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 8

Around The Worlds With Alt Leg Raise

Lie on your back, lift one leg while simultaneously touching your hand under the lifted leg, then perform on the other side.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 10

DB Kneeling Reverse Flies With Rear Delt Raise Combo

While kneeling, hold dumbbells and perform a reverse fly motion while also raising your arms out to the side to target the rear delts.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 11

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 12

DB Chest Press Hollow Bodies

Lie on your back with your arms extended and legs lifted off the ground, then perform a chest press while maintaining a hollow body position.

Week 5, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

40 MIN

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 13

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 14

DB Bent Over Triceps Extensions

Hold a dumbbell in both hands, hinge forward at the hips with a flat back, and extend your arms behind you to work your triceps.

Single Exercise

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 15

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.

Week 5, Day 5 - Lower Body

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Activation

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 30 sec (per set)



Exercise 1

Banded Side Lying Leg Raises

Lie on your side with a resistance band around your knees and lift your top leg up and down while keeping your core engaged.

Single Exercise

REPS: 10-12 (each side, per exercise) SETS: 3

REST: 30 sec (per set)



Exercise 2

Clamshells With DB Hip Thrusts

Lie on your side with knees bent and lift your top knee while simultaneously thrusting your hips up with a dumbbell resting behind your knee.

Single Exercise

REPS: 12 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 3

1 1/2 Sumo Straddle Squats

Begin with your feet wider than shoulder-width apart, toes pointed outwards, and squat down until your thighs are parallel to the ground. Rise halfway up, then lower back down before fully extending your hips and knees to return to the starting position, completing one repetition.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

DB Goblet Squats Sumo

Hold a dumbbell close to your chest, stand with your feet wider than shoulder-width apart and toes pointed outwards, then squat down until your thighs are parallel to the ground.



Exercise 5

Sumo RDL: Double Dumbbell

Hold a single dumbbell with both hands, stand with feet wider than shoulder-width apart, hinge at the hips while keeping a slight bend in the knees, and lower the weight towards the ground while maintaining a straight back.

Single Exercise

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 60 sec (per set)



Exercise 6

DB Curtsy Lunges

Step back with one leg and cross it behind the other, bending both knees to lower into a lunge position while holding dumbbells.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

DB 1 1/2 Hip Thrusts

Perform a hip thrust, lower halfway down, then raise back up to the top for one repetition.



Exercise 8

DB Bench Reverse Hyper Frogger With Abduction

Perform a reverse hyperextension while lying face down on a bench with your legs in a frogger position and abducting them out to the sides.

Week 5, Day 5 - Lower Body

Continuation

Tap each exercise to see its video 

90 MIN

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



DB Bench Hamstring Curls

Lie face down on a bench holding a dumbbell with your feet, bending at the knees curl the dumbbell towards your glutes using your hamstrings.

Exercise 9

Single Exercise

REPS: 20

SETS: 1

REST: 30 sec (per set)



Jump Squats

Perform a squat and then jump explosively upwards, landing softly and immediately going into another squat.

Exercise 10

Week 5, Day 6 - Full Body Circuit

Tap each exercise to see its video 

WARMUP

COOLDOWN

45 MIN

Circuit

REPS: 10-12 (per exercise)

SETS: 4

REST: 15 sec (per set)



Exercise 1

DB Squat With Front Hold To Cross Body Knee Kicks

Perform a squat while holding a weight in front of your body, then lift one knee and cross the weight over to the side and repeat on the other side.



Exercise 2

DB Lateral Squats With Single Arm Presses (each side)

Perform a lateral squat while holding a dumbbell in each hand and pressing one overhead at the bottom of the corresponding squat.



Exercise 3

DB RDLs With Rows To Squat Clean

Perform a Romanian deadlift with a row, then transition into a squat clean.



Exercise 4

DB Reverse Lunges (each side)

Step back with one leg and lower your body until your front knee is bent at a 90-degree angle while holding dumbbells, then return to standing position and repeat with the other leg.



Exercise 5

Forearm Plank Reaches (each side)

Start in a forearm plank position and reach one arm out in front of you, alternating arms while maintaining a stable core.



Exercise 6

DB OH Reverse Crunches

Lie on your back holding a dumbbell up in both hands, lift your legs and hips off the ground while bringing your knees towards your chest.



Exercise 7

DB Reverse Tabletop Legs Chest Presses

Lie on your back with your feet elevated and knees at 90 degrees, perform chest presses with dumbbells.

Single Exercise

REPS: 20 minutes

SETS: 1

REST:



Exercise 8

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form

Week 5, Day 7 - Optional Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Activation

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Supported Pike Ups

Lie on your back with your legs extended but not touching the ground, bring both legs up in the air and your hands supporting your lower back, then lift your hips off the ground towards the ceiling and lower back down. without touching the ground.

Single Exercise

REPS: 10-12 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

Arms OH Hollow Body Alternating Leg Raises

Lie on your back with arms extended overhead and legs straight, lift one leg while simultaneously holding your upper body off the ground, then switch legs.

Single Exercise

REPS: 10-12 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

BW Side To Side Reaches

Lie on your back and reach laterally towards your heels, engaging the core

Single Exercise

REPS: 10-12 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

Plank Alt Arm Lifts

Start in a plank position and lift one arm off the ground, holding for a few seconds before lowering and repeating with the other arm.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

V Sit Feet Planted Twists

Sit with your feet planted on the ground and twist your torso from side to side.

Single Exercise

REPS: 20 minutes

SETS: 1

REST:



Exercise 6

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form

Week 6, Day 1 - Lower Body

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Single Exercise

REPS: 16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Lateral Banded Walk

Place a resistance band around your ankles and take small steps to the side, keeping your feet parallel and maintaining tension on the band.

Superset

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

DB Bulgarian Split Squats

Perform a lunge-like movement with one foot elevated behind you and holding dumbbells, lowering your body until your front thigh is parallel to the ground. If too difficult, drop DB and do bodyweight



Exercise 3

DB B Stance RDLs

Grab one dumbbell with one hand and position yourself in a staggered stance, with one foot behind and the heel elevated. Then, you hinge at the hips, maintaining a straight back and slightly bent knees.

Superset

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

DB Lateral Lunges

Step to the side with one foot while keeping the other foot planted, then lower your body by bending the knee of the stepping foot and pushing your hips back, then return to standing. Repeat on the other side.



Exercise 5

Dynamic Bodyweight Lunge To High Knee

Step laterally with one foot while simultaneously raising the opposite knee towards your chest, then return to standing position and repeat on the other side.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 6

Banded Superwoman With Abductions

Lie face down on a mat with a resistance band above your knees, and lift your arms and legs off the ground while simultaneously spreading your legs apart.



Exercise 7

DB 1 1/2 Hip Thrusts

Perform a hip thrust, lower halfway down, then raise back up to the top for one repetition.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 8

Single Leg Squat Heel/Toe Taps Combo (each side)

Stand on one leg and alternate tapping your heel and toe to the ground while performing a squat. Perform on the floor if beginners



Exercise 9

DB Hamstring Curls

Lie face down with a dumbbell placed securely between your feet, then lift your legs off the ground by contracting your hamstrings, keeping the dumbbell in place throughout the movement.

Single Exercise

REPS: 30 (per exercise)

SETS: 1

REST: 30 sec (per set)



Exercise 10

Jump Squats

Perform a squat and then jump explosively upwards, landing softly and immediately going into another squat.

Week 6, Day 2 - Upper / Abs

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

60 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Unilateral DB Bent Over Rows (each side)

Hold a dumbbell in one hand, hinge forward at the hips, and pull the weight up towards your chest while keeping your elbow close to your body.



Exercise 2

DB OH Leg Raises

Lie on your back with your legs straight up in the air and lower them towards the ground while holding a dumbbell up with both hands.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Plank Alt Arm Lifts (each side)

Start in a plank position and lift one arm off the ground, holding for a few seconds before lowering and repeating with the other arm.



Exercise 4

DB Reverse Table Top Pullovers Crunches

Lie on your back with your legs in tabletop position, extend your arms overhead holding weight and pull them back towards your hips while crunching up.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

DB L Raise Supermans

Lie face down with your legs lifted off the floor and dumbbells in each hand, with elbows bent lift your arms up toward the ceiling and lower back down.



Exercise 6

BW Side To Side Reaches

Lie on your back and reach laterally towards your heels, engaging the core

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

Narrow Grip DB Shoulder Presses

Hold dumbbells with a narrow grip and press them overhead while keeping your elbows close to your body.



Exercise 8

Forearm Plank Reaches (each side)

Start in a forearm plank position and reach one arm out in front of you, alternating arms while maintaining a stable core.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

DB Diagonal Raises (each side)

Holding a dumbbell with both hands, raise your arms diagonally towards the ceiling and slowly lower them back down.



Exercise 10

Straight Leg Dumbbell Deadbug Variation

Lie on your back with your arms above your head, legs straight up in the air, and lower one leg while simultaneously lowering the opposite arm, then return to starting position and repeat on the other side.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 11

DB Lateral Raises

Lift dumbbells to the side of your body, keeping your arms straight, until they reach shoulder height, then lower them back down.

Week 6, Day 2 - Upper / Abs

Continuation

Tap each exercise to see its video 

60 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 12

V Sit DB Biceps Curls

Sit on the floor with your legs straight out in front of you, hold dumbbells in each hand, and curl the weights up towards your shoulders while simultaneously lifting your legs off the ground to form a V shape.



Exercise 13

DB Hollow Body With Triceps Extension

Lie on your back with arms extended overhead, lift legs and upper body off the ground while keeping lower back pressed into the floor, then extend arms towards the ceiling while keeping elbows close to your ears.

Week 6, Day 3 - Lower Body

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Activation

REPS: 12 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 1

Static Glute Bridge Banded Abductions

Lie on your back with your knees bent, lift your hips up into a bridge position and place a resistance band around your thighs, then push your knees outwards against the band while keeping your hips lifted.

Superset

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 2

DB Bent Leg Abductions

With your knees bent, hold a dumbbell against your ankle, and lift your legs up and out to the sides while keeping your knees bent and squeezing your glute. Hold onto a stable surface for support.



Exercise 3

Banded Kickbacks

Loop a resistance band around your feet, and extend your leg backwards while keeping your knee straight, then return to starting position and repeat. Use a stable surface to support you

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

Banded Lateral Goblet Squats

Hold a weight in front of your chest and loop a resistance band around your thighs. Stand with feet hip-width apart, then step to the side while squatting down.



Exercise 5

DB RDL

Hold two dumbbells with your arms straight, hinge at the hips to lower the weights towards the ground while keeping your back straight, then return to standing position.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 6

DB Step Ups

Step up onto a raised platform with one foot, then bring the other foot up to meet it before stepping back down and repeating on the other side.

Single Exercise

REPS: 10-12 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 7

DB Lateral Lunges

Step to the side with one foot while keeping the other foot planted, then lower your body by bending the knee of the stepping foot and pushing your hips back, then return to standing. Repeat on the other side.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 8

DB Long Lever Glute Bridge

Lie on your back with your knees bent, heels on the ground, and lift your hips up towards the ceiling while holding a weight on your pelvis.

Week 6, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 2

Superwoman With Swimmers

Lie face down on a mat with arms and legs extended. Lift your legs and perform pull-downs with your arms.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 4

DB Bear Stance Rows (each side)

Assume a bear stance position with dumbbells in hand, then perform rows by pulling the weights towards your chest while keeping your back straight.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 6

DB Biceps Curls

Hold dumbbells with palms facing up, curl them towards your shoulders while keeping your elbows close to your body, and then slowly lower them back down.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 8

Around The Worlds With Alt Leg Raise

Lie on your back, lift one leg while simultaneously touching your hand under the lifted leg, then perform on the other side.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 10

DB Kneeling Reverse Flies With Rear Delt Raise Combo

While kneeling, hold dumbbells and perform a reverse fly motion while also raising your arms out to the side to target the rear delts.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 11

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 12

DB Chest Press Hollow Bodies

Lie on your back with your arms extended and legs lifted off the ground, then perform a chest press while maintaining a hollow body position.

Week 6, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

40 MIN

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 13

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 14

DB Bent Over Triceps Extensions

Hold a dumbbell in both hands, hinge forward at the hips with a flat back, and extend your arms behind you to work your triceps.

Single Exercise

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 15

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.

Week 6, Day 5 - Lower Body

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Activation

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 30 sec (per set)



Exercise 1

Banded Side Lying Leg Raises

Lie on your side with a resistance band around your knees and lift your top leg up and down while keeping your core engaged.

Single Exercise

REPS: 10-12 (each side, per exercise) SETS: 3

REST: 30 sec (per set)



Exercise 2

Clamshells With DB Hip Thrusts

Lie on your side with knees bent and lift your top knee while simultaneously thrusting your hips up with a dumbbell resting behind your knee.

Single Exercise

REPS: 12 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 3

1 1/2 Sumo Straddle Squats

Begin with your feet wider than shoulder-width apart, toes pointed outwards, and squat down until your thighs are parallel to the ground. Rise halfway up, then lower back down before fully extending your hips and knees to return to the starting position, completing one repetition.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

DB Goblet Squats Sumo

Hold a dumbbell close to your chest, stand with your feet wider than shoulder-width apart and toes pointed outwards, then squat down until your thighs are parallel to the ground.



Exercise 5

Sumo RDL: Double Dumbbell

Hold a single dumbbell with both hands, stand with feet wider than shoulder-width apart, hinge at the hips while keeping a slight bend in the knees, and lower the weight towards the ground while maintaining a straight back.

Single Exercise

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 60 sec (per set)



Exercise 6

DB Curtsy Lunges

Step back with one leg and cross it behind the other, bending both knees to lower into a lunge position while holding dumbbells.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

DB 1 1/2 Hip Thrusts

Perform a hip thrust, lower halfway down, then raise back up to the top for one repetition.



Exercise 8

DB Bench Reverse Hyper Frogger With Abduction

Perform a reverse hyperextension while lying face down on a bench with your legs in a frogger position and abducting them out to the sides.

Week 6, Day 5 - Lower Body

Continuation

Tap each exercise to see its video 

90 MIN

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



DB Bench Hamstring Curls

Lie face down on a bench holding a dumbbell with your feet, bending at the knees curl the dumbbell towards your glutes using your hamstrings.

Exercise 9

Single Exercise

REPS: 20

SETS: 1

REST: 30 sec (per set)



Jump Squats

Perform a squat and then jump explosively upwards, landing softly and immediately going into another squat.

Exercise 10

Week 6, Day 6 - Full Body Circuit

Tap each exercise to see its video 

WARMUP

COOLDOWN

45 MIN

Circuit

REPS: 10-12 (per exercise)

SETS: 4

REST: 15 sec (per set)



Exercise 1

DB Squat With Front Hold To Cross Body Knee Kicks

Perform a squat while holding a weight in front of your body, then lift one knee and cross the weight over to the side and repeat on the other side.



Exercise 2

DB Lateral Squats With Single Arm Presses (each side)

Perform a lateral squat while holding a dumbbell in each hand and pressing one overhead at the bottom of the corresponding squat.



Exercise 3

DB RDLs With Rows To Squat Clean

Perform a Romanian deadlift with a row, then transition into a squat clean.



Exercise 4

DB Reverse Lunges (each side)

Step back with one leg and lower your body until your front knee is bent at a 90-degree angle while holding dumbbells, then return to standing position and repeat with the other leg.



Exercise 5

Forearm Plank Reaches (each side)

Start in a forearm plank position and reach one arm out in front of you, alternating arms while maintaining a stable core.



Exercise 6

DB OH Reverse Crunches

Lie on your back holding a dumbbell up in both hands, lift your legs and hips off the ground while bringing your knees towards your chest.



Exercise 7

DB Reverse Tabletop Legs Chest Presses

Lie on your back with your feet elevated and knees at 90 degrees, perform chest presses with dumbbells.

Single Exercise

REPS: 20 minutes

SETS: 1

REST:



Exercise 8

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form

Week 6, Day 7 - Optional Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Activation

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Supported Pike Ups

Lie on your back with your legs extended but not touching the ground, bring both legs up in the air and your hands supporting your lower back, then lift your hips off the ground towards the ceiling and lower back down. without touching the ground.

Single Exercise

REPS: 10-12 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

Arms OH Hollow Body Alternating Leg Raises

Lie on your back with arms extended overhead and legs straight, lift one leg while simultaneously holding your upper body off the ground, then switch legs.

Single Exercise

REPS: 10-12 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

BW Side To Side Reaches

Lie on your back and reach laterally towards your heels, engaging the core

Single Exercise

REPS: 10-12 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

Plank Alt Arm Lifts

Start in a plank position and lift one arm off the ground, holding for a few seconds before lowering and repeating with the other arm.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

V Sit Feet Planted Twists

Sit with your feet planted on the ground and twist your torso from side to side.

Single Exercise

REPS: 20 minutes

SETS: 1

REST:



Exercise 6

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form



Week 7-12: The Transformation Phase

This is where strength gains compound and visible changes begin to show as consistency pays off. You'll move with confidence, feel stronger in your body, and recognize how far you've come, both physically and mentally.

Week 7, Day 1 - Lower Body

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Activation

REPS: 16 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 1

Lateral Banded Walk

Place a resistance band around your ankles and take small steps to the side, keeping your feet parallel and maintaining tension on the band.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

DB Straddle Squats

Begin with feet wider than shoulder-width apart, toes pointed outwards, and holding dumbbells in front of your body, then lower your hips down and back into a squat position while keeping your chest up and core engaged.



Exercise 3

Sumo RDL: Double Dumbbell

Hold two dumbbells at your sides with a wide stance, hinge at the hips while keeping your back straight, and lower the weights towards the ground.

Superset

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 4

DB Step Ups

Step up onto a raised platform with one foot, then bring the other foot up to meet it before stepping back down and repeating on the other side.



Exercise 5

Dynamic Bodyweight Lateral Lunge To High Knee

Step laterally with one foot while simultaneously raising the opposite knee towards your chest, then return to standing position and repeat on the other side.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 6

Exaggerated Hip Hikes With Abduction w/ DB

Standing upright, lift one hip higher than the other, and simultaneously extend the leg laterally. Intensify the exercise by holding a dumbbell in hand, and engaging the hip abductors for enhanced strength and stability.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 7

DB Hip Thrusts

Lie with your back resting on a bench and your knees bent, feet flat on the ground, and lift your hips up towards the ceiling while squeezing your glutes.

Superset

REPS: 12-16 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 8

Weighted Wall Sits

Hold a weighted object against your chest while sitting against a wall with your knees bent at a 90-degree angle.



Exercise 9

DB Hamstring Curls

Lie face down with a dumbbell placed securely between your feet, then lift your legs off the ground by contracting your hamstrings, keeping the dumbbell in place throughout the movement.

Week 7, Day 1 - Lower Body

Continuation

Tap each exercise to see its video 

90 MIN

Single Exercise

REPS: 20

SETS: 1

REST: 30 sec (per set)



DB Walking Lunges

Step forward with one leg and lower your body until your front knee is bent at a 90-degree angle, then push back up and repeat with the other leg.

Exercise 10

Week 7, Day 2 - Upper / Abs

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

60 MIN

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 1

Bent Over Dumbbell Rows

Bend over at the waist with a dumbbell in each hand, pull the weights up towards your chest while keeping your back straight, then lower them back down.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 2

Hollow Body Crunches

Lie on your back, lift your arms and legs off the ground, and crunch your upper body towards your lower body while keeping your core engaged.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Hands Elevated Push Up

Start in a plank position with your hands elevated on a stable surface, lower your body towards the surface and push back up to complete one repetition.



Exercise 4

Supported Leg Raises

Lie on your back with your hands under your hips, lift your legs up towards the ceiling, and slowly lower them back down without touching the ground.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Rear Delt Raise With Reverse Flies Combo

Lift dumbbells out to the side and back, squeezing your shoulder blades together, to target the rear delts.



Exercise 6

DB Supine Chest Presses

Lie on your back with dumbbells in each hand, extend your arms up towards the ceiling, and slowly lower the weights down towards your chest before pushing them back up.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

DB Diagonal Raises (each side)

Holding a dumbbell with both hands, raise your arms diagonally towards the ceiling and slowly lower them back down.



Exercise 8

Push Up With Cross Body Knees To Chest

Perform a push up while bringing your knees to your chest and crossing them over your body.

Superset

REPS: 20 minutes

SETS: 4

REST: 30 sec (per set)



Exercise 9

DB Kneeling Front Raises

While kneeling on the ground, hold dumbbells in each hand and raise them in front of you to shoulder height, keeping your core engaged and elbows slightly bent.



Exercise 10

V Sit Feet Planted DB Twists (each side)

Sit with your feet planted, hold dumbbells, and twist your torso from side to side.

Week 7, Day 2 - Upper / Abs

Continuation

Tap each exercise to see its video 

60 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 11

DB Kneeling Bicep Curls To Shoulder Presses

Kneel on the floor with dumbbells in hand, curl the weights up to your shoulders, then press them overhead while maintaining balance.



Exercise 12

Knee Plank Triceps Extensions (each side)

Begin in a plank position with knees on the ground, then extend one arm to the ground and with the other arm holding a dumbbell extend your arms to work your triceps.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 13

Around The Worlds With Alt Leg Raise

Lie on your back, lift one leg while simultaneously touching your hand under the lifted leg, then perform on the other side.

Week 7, Day 3 - Lower Body

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Activation

REPS: 12

SETS: 3

REST: 30 sec (per set)



Exercise 1

Lateral Banded Squats Walks

Place a resistance band around your thighs, squat down, and take small steps to the side while maintaining tension on the band. Switch sides at halfway.

Single Exercise

REPS: 10-12 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

DB B-Stance Goblet Squats

Perform a squat while holding a weight in front of your chest, with one foot slightly behind the other for balance.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 3

Supported Single Leg DB RDLs

Stand on one leg while holding a dumbbell in the opposite hand and hinge forward at the hips, keeping your back straight and lifting your free leg behind you for balance.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 4

Supported Skater Squats

Stand with one foot on the ground, lower your body down into a squat position while keeping your other foot off the ground, then push back up to standing position.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

DB Bench Reverse Hyper Frogger With Abduction

Perform a reverse hyperextension while lying face down on a bench with your legs in a frogger position and abducting them out to the sides.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 6

DB 1 1/2 Hip Thrusts

Perform a hip thrust, lower halfway down, then raise back up to the top for one repetition.

Week 7, Day 3 - Lower Body

Continuation

Tap each exercise to see its video 

90 MIN

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 7

Banded Superwoman With Abductions

Lie face down on a mat with a resistance band above your knees, and lift your arms and legs off the ground while simultaneously spreading your legs apart.

Week 7, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 2

Unilateral DB Bent Over Rows (each side)

Hold a dumbbell in one hand, hinge forward at the hips, and pull the weight up towards your chest while keeping your elbow close to your body.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 4

DB Alt Arm Front To Lateral Raises (each side)

Grab one dumbbell in each hand and raise arms to the front, lower them back down and repeat laterally.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 6

Superwoman L Raise

Lie face down on a mat, lift your legs and upper body simultaneously off the ground, forming an "L" shape with your arms.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 8

DB Lateral Raises to Flies

Start with dumbbells at your sides, raise them out to the sides until they are parallel with your shoulders, then bring them together in front of your chest.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 10

Flies With Knees To Chest

Lie on your back holding a dumbbell in each hand, lift your legs up and bring them towards your chest with your knees bent, while simultaneously bringing your arms up and out to the sides.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 11

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 12

Bear Stance Kick Back Plank

Start in a bear stance position, then extend the legs back into a plank position.

Week 7, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 13

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 14

Plank To Hollow Body

Begin in a plank position and then transition into a hollow body position while maintaining a straight back and engaged core.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 15

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Week 7, Day 5 - Lower Body

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Single Exercise

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 60 sec (per set)



Exercise 1

DB Squat To Abduction

Perform a squat while simultaneously lifting one leg out to the side.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

Squat To Calf Raise

Squat down and then rise up onto your toes, holding the position briefly before lowering back down.



Exercise 3

DB Seated Good Mornings

Sit on a bench and hinge forward at the hips while keeping your back straight.

Superset

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 30 sec (per set)



Exercise 4

DB Deficit Reverse Lunges

Step back with one foot onto a raised surface while holding dumbbells, then lower your back knee towards the ground and return to standing position.



Exercise 5

Dynamic Bodyweight Lateral Lunge To High Knee

Step laterally with one foot while simultaneously raising the opposite knee towards your chest, then return to standing position and repeat on the other side.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 6

DB Long Lever Glute Bridge

Lie on your back with your knees bent, heels on the ground, and lift your hips up towards the ceiling while holding a weight on your pelvis.



Exercise 7

DB Prone Frogger Abductions

Lie face down on the ground with your arms extended in front of you, lift your legs off the ground and spread them apart as far as possible, then bring them back together and repeat.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 8

DB Leg Extension

While seated and holding a dumbbell with your feet, extend your legs out in front of you and then bring them back down to a bent position, repeating for desired number of reps.



Exercise 9

DB Bench Hamstring Curls

Lie face down on a bench holding a dumbbell with your feet, bending at the knees curl the dumbbell towards your glutes using your hamstrings.

Single Exercise

REPS: 10 minutes

SETS: 1

REST:



Exercise 10

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form

Week 7, Day 6 - Full Body Circuit

Tap each exercise to see its video 

WARMUP

COOLDOWN

45 MIN

Circuit

REPS: 12 (per exercise)

SETS: 4

REST: 15 sec (per set)



Exercise 1

DB Squat To Abduction (each side)

Perform a squat while simultaneously lifting one leg out to the side.



Exercise 2

DB RDLs With Rows To Squat Clean

Perform a Romanian deadlift with a row, then transition into a squat clean.



Exercise 3

DB Reverse Lunge With Single Arm Press (each side)

Step back with one foot into a lunge position while simultaneously pressing a weight overhead with the same arm, then return to standing position and repeat.



Exercise 4

DB Lateral Squats

Perform a lateral squat by stepping to the side and bending your knees, then return to standing and repeat on the other side.



Exercise 5

DB Chest Press With Knee Tucks

Lie on your back with dumbbells in hand, perform a chest press while simultaneously bringing your knees towards your chest.



Exercise 6

Forearm Plank With Cross Body Knees To Plank Jacks

Start in a forearm plank position, bring one knee to the opposite elbow, then jump both feet out and in for plank jacks.



Exercise 7

DB OH Leg Raises

Lie on your back with your legs straight up in the air and lower them towards the ground while holding a dumbbell up with both hands.

Week 7, Day 7 - Optional Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Single Exercise

REPS: 10-12 (each side, per exercise) SETS: 4

REST: 30 sec (per set)



Exercise 1

Arms OH Hollow Body Alternating Leg Raises

Lie on your back with arms extended overhead and legs straight, lift one leg while simultaneously holding your upper body off the ground, then switch legs.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

Supported Reverse Crunches

Lie on your back with your legs extended, place your hands under your hips for support, bend knees at a 90-degree angle bringing them up and lift your hips off the ground while contracting your abs.

Single Exercise

REPS: 10-12 (each side, per exercise) SETS: 4

REST: 30 sec (per set)



Exercise 3

Side Plank Dips

Start in a side plank position with your elbow on the ground, then lower your hip towards the ground and lift it back up to the starting position.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

Plank To Hollow Body

Begin in a plank position and then transition into a hollow body position while maintaining a straight back and engaged core.

Single Exercise

REPS: 12-16 (each side, per exercise) SETS: 4

REST: 30 sec (per set)



Exercise 5

V Sit Feet Planted Twists

Sit with your feet planted on the ground and twist your torso from side to side.

Single Exercise

REPS: 20 minutes

SETS: 1

REST:



Exercise 6

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form

Week 8, Day 1 - Lower Body

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Activation

REPS: 16 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 1

Lateral Banded Walk

Place a resistance band around your ankles and take small steps to the side, keeping your feet parallel and maintaining tension on the band.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

DB Straddle Squats

Begin with feet wider than shoulder-width apart, toes pointed outwards, and holding dumbbells in front of your body, then lower your hips down and back into a squat position while keeping your chest up and core engaged.



Exercise 3

Sumo RDL: Double Dumbbell

Hold two dumbbells at your sides with a wide stance, hinge at the hips while keeping your back straight, and lower the weights towards the ground.

Superset

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 4

DB Step Ups

Step up onto a raised platform with one foot, then bring the other foot up to meet it before stepping back down and repeating on the other side.



Exercise 5

Dynamic Bodyweight Lateral Lunge To High Knee

Step laterally with one foot while simultaneously raising the opposite knee towards your chest, then return to standing position and repeat on the other side.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 6

Exaggerated Hip Hikes With Abduction w/ DB

Standing upright, lift one hip higher than the other, and simultaneously extend the leg laterally. Intensify the exercise by holding a dumbbell in hand, and engaging the hip abductors for enhanced strength and stability.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 7

DB Hip Thrusts

Lie with your back resting on a bench and your knees bent, feet flat on the ground, and lift your hips up towards the ceiling while squeezing your glutes.

Superset

REPS: 12-16 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 8

Weighted Wall Sits

Hold a weighted object against your chest while sitting against a wall with your knees bent at a 90-degree angle.



Exercise 9

DB Hamstring Curls

Lie face down with a dumbbell placed securely between your feet, then lift your legs off the ground by contracting your hamstrings, keeping the dumbbell in place throughout the movement.

Week 8, Day 1 - Lower Body

Continuation

Tap each exercise to see its video 

90 MIN

Single Exercise

REPS: 20

SETS: 1

REST: 30 sec (per set)



DB Walking Lunges

Step forward with one leg and lower your body until your front knee is bent at a 90-degree angle, then push back up and repeat with the other leg.

Exercise 10

Week 8, Day 2 - Upper / Abs

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

60 MIN

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 1

Bent Over Dumbbell Rows

Bend over at the waist with a dumbbell in each hand, pull the weights up towards your chest while keeping your back straight, then lower them back down.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 2

Hollow Body Crunches

Lie on your back, lift your arms and legs off the ground, and crunch your upper body towards your lower body while keeping your core engaged.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Hands Elevated Push Up

Start in a plank position with your hands elevated on a stable surface, lower your body towards the surface and push back up to complete one repetition.



Exercise 4

Supported Leg Raises

Lie on your back with your hands under your hips, lift your legs up towards the ceiling, and slowly lower them back down without touching the ground.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Rear Delt Raise With Reverse Flies Combo

Lift dumbbells out to the side and back, squeezing your shoulder blades together, to target the rear delts.



Exercise 6

DB Supine Chest Presses

Lie on your back with dumbbells in each hand, extend your arms up towards the ceiling, and slowly lower the weights down towards your chest before pushing them back up.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

DB Diagonal Raises (each side)

Holding a dumbbell with both hands, raise your arms diagonally towards the ceiling and slowly lower them back down.



Exercise 8

Push Up With Cross Body Knees To Chest

Perform a push up while bringing your knees to your chest and crossing them over your body.

Superset

REPS: 20 minutes

SETS: 4

REST: 30 sec (per set)



Exercise 9

DB Kneeling Front Raises

While kneeling on the ground, hold dumbbells in each hand and raise them in front of you to shoulder height, keeping your core engaged and elbows slightly bent.



Exercise 10

V Sit Feet Planted DB Twists (each side)

Sit with your feet planted, hold dumbbells, and twist your torso from side to side.

Week 8, Day 2 - Upper / Abs

Continuation

Tap each exercise to see its video 

60 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 11

DB Kneeling Bicep Curls To Shoulder Presses

Kneel on the floor with dumbbells in hand, curl the weights up to your shoulders, then press them overhead while maintaining balance.



Exercise 12

Knee Plank Triceps Extensions (each side)

Begin in a plank position with knees on the ground, then extend one arm to the ground and with the other arm holding a dumbbell extend your arms to work your triceps.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 13

Around The Worlds With Alt Leg Raise

Lie on your back, lift one leg while simultaneously touching your hand under the lifted leg, then perform on the other side.

Week 8, Day 3 - Lower Body

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Activation

REPS: 12

SETS: 3

REST: 30 sec (per set)



Exercise 1

Lateral Banded Squats Walks

Place a resistance band around your thighs, squat down, and take small steps to the side while maintaining tension on the band. Switch sides at halfway.

Single Exercise

REPS: 10-12 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

DB B-Stance Goblet Squats

Perform a squat while holding a weight in front of your chest, with one foot slightly behind the other for balance.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 3

Supported Single Leg DB RDLs

Stand on one leg while holding a dumbbell in the opposite hand and hinge forward at the hips, keeping your back straight and lifting your free leg behind you for balance.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 4

Supported Skater Squats

Stand with one foot on the ground, lower your body down into a squat position while keeping your other foot off the ground, then push back up to standing position.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

DB Bench Reverse Hyper Frogger With Abduction

Perform a reverse hyperextension while lying face down on a bench with your legs in a frogger position and abducting them out to the sides.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 6

DB 1 1/2 Hip Thrusts

Perform a hip thrust, lower halfway down, then raise back up to the top for one repetition.

Week 8, Day 3 - Lower Body

Continuation

Tap each exercise to see its video 

90 MIN

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 7

Banded Superwoman With Abductions

Lie face down on a mat with a resistance band above your knees, and lift your arms and legs off the ground while simultaneously spreading your legs apart.

Week 8, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 2

Unilateral DB Bent Over Rows (each side)

Hold a dumbbell in one hand, hinge forward at the hips, and pull the weight up towards your chest while keeping your elbow close to your body.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 4

DB Alt Arm Front To Lateral Raises (each side)

Grab one dumbbell in each hand and raise arms to the front, lower them back down and repeat laterally.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 6

Superwoman L Raise

Lie face down on a mat, lift your legs and upper body simultaneously off the ground, forming an "L" shape with your arms.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 8

DB Lateral Raises to Flies

Start with dumbbells at your sides, raise them out to the sides until they are parallel with your shoulders, then bring them together in front of your chest.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 10

Flies With Knees To Chest

Lie on your back holding a dumbbell in each hand, lift your legs up and bring them towards your chest with your knees bent, while simultaneously bringing your arms up and out to the sides.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 11

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 12

Bear Stance Kick Back Plank

Start in a bear stance position, then extend the legs back into a plank position.

Week 8, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 13

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 14

Plank To Hollow Body

Begin in a plank position and then transition into a hollow body position while maintaining a straight back and engaged core.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 15

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Week 8, Day 5 - Lower Body

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Single Exercise

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 60 sec (per set)



Exercise 1

DB Squat To Abduction

Perform a squat while simultaneously lifting one leg out to the side.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

Squat To Calf Raise

Squat down and then rise up onto your toes, holding the position briefly before lowering back down.



Exercise 3

DB Seated Good Mornings

Sit on a bench and hinge forward at the hips while keeping your back straight.

Superset

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 30 sec (per set)



Exercise 4

DB Deficit Reverse Lunges

Step back with one foot onto a raised surface while holding dumbbells, then lower your back knee towards the ground and return to standing position.



Exercise 5

Dynamic Bodyweight Lateral Lunge To High Knee

Step laterally with one foot while simultaneously raising the opposite knee towards your chest, then return to standing position and repeat on the other side.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 6

DB Long Lever Glute Bridge

Lie on your back with your knees bent, heels on the ground, and lift your hips up towards the ceiling while holding a weight on your pelvis.



Exercise 7

DB Prone Frogger Abductions

Lie face down on the ground with your arms extended in front of you, lift your legs off the ground and spread them apart as far as possible, then bring them back together and repeat.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 8

DB Leg Extension

While seated and holding a dumbbell with your feet, extend your legs out in front of you and then bring them back down to a bent position, repeating for desired number of reps.



Exercise 9

DB Bench Hamstring Curls

Lie face down on a bench holding a dumbbell with your feet, bending at the knees and curl the dumbbell towards your glutes using your hamstrings.

Single Exercise

REPS: 10 minutes

SETS: 1

REST:



Exercise 10

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form

Week 8, Day 6 - Full Body Circuit

Tap each exercise to see its video 

WARMUP

COOLDOWN

45 MIN

Circuit

REPS: 12 (per exercise)

SETS: 4

REST: 15 sec (per set)



Exercise 1

DB Squat To Abduction (each side)

Perform a squat while simultaneously lifting one leg out to the side.



Exercise 2

DB RDLs With Rows To Squat Clean

Perform a Romanian deadlift with a row, then transition into a squat clean.



Exercise 3

DB Reverse Lunge With Single Arm Press (each side)

Step back with one foot into a lunge position while simultaneously pressing a weight overhead with the same arm, then return to standing position and repeat.



Exercise 4

DB Lateral Squats

Perform a lateral squat by stepping to the side and bending your knees, then return to standing and repeat on the other side.



Exercise 5

DB Chest Press With Knee Tucks

Lie on your back with dumbbells in hand, perform a chest press while simultaneously bringing your knees towards your chest.



Exercise 6

Forearm Plank With Cross Body Knees To Plank Jacks

Start in a forearm plank position, bring one knee to the opposite elbow, then jump both feet out and in for plank jacks.



Exercise 7

DB OH Leg Raises

Lie on your back with your legs straight up in the air and lower them towards the ground while holding a dumbbell up with both hands.

Week 8, Day 7 - Optional Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Single Exercise

REPS: 10-12 (each side, per exercise) SETS: 4

REST: 30 sec (per set)



Exercise 1

Arms OH Hollow Body Alternating Leg Raises

Lie on your back with arms extended overhead and legs straight, lift one leg while simultaneously holding your upper body off the ground, then switch legs.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

Supported Reverse Crunches

Lie on your back with your legs extended, place your hands under your hips for support, bend knees at a 90-degree angle bringing them up and lift your hips off the ground while contracting your abs.

Single Exercise

REPS: 10-12 (each side, per exercise) SETS: 4

REST: 30 sec (per set)



Exercise 3

Side Plank Dips

Start in a side plank position with your elbow on the ground, then lower your hip towards the ground and lift it back up to the starting position.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

Plank To Hollow Body

Begin in a plank position and then transition into a hollow body position while maintaining a straight back and engaged core.

Single Exercise

REPS: 12-16 (each side, per exercise) SETS: 4

REST: 30 sec (per set)



Exercise 5

V Sit Feet Planted Twists

Sit with your feet planted on the ground and twist your torso from side to side.

Single Exercise

REPS: 20 minutes

SETS: 1

REST:



Exercise 6

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form

Week 9, Day 1 - Lower Body

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Single Exercise

REPS: 12-16 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 1

Banded Duck Walks

Place a resistance band around your ankles and walk forward while maintaining a low squat position.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 2

Exaggerated Banded Hip Hike Abductions

Stand with a resistance band behind your knees and lift one leg out to the side while hiking your hip up towards your shoulder.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 3

Banded Lateral Goblet Squats

Hold a weight in front of your chest and loop a resistance band around your thighs. Stand with feet hip-width apart, then step to the side while squatting down.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

DB Narrow Stance RDLs

Perform a Romanian deadlift with a narrow stance, keeping the dumbbells close to your body and hinging at the hips while maintaining a straight back.



Exercise 5

DB Straddle Squats

Begin with feet wider than shoulder-width apart, toes pointed outwards, and holding dumbbells in front of your body, then lower your hips down and back into a squat position while keeping your chest up and core engaged.

Superset

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 6

DB Reverse Lunges

Step back with one leg and lower your body until your front knee is bent at a 90-degree angle while holding dumbbells, then return to standing position and repeat with the other leg.



Exercise 7

Dynamic Bodyweight Lateral Lunge To High Knee

Step laterally with one foot while simultaneously raising the opposite knee towards your chest, then return to standing position and repeat on the other side.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 8

DB Hip Thrusts, 2 Legs Concentric (Up), 1 Leg Eccentric (Down)

Lift your hips up with both legs and lower down slowly with one leg.

Week 9, Day 1 - Lower Body

Continuation

Tap each exercise to see its video 

90 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

Dumbbell Calf Raises

Hold a dumbbell in each hand, and raise your heels as high as possible before lowering them back down.



Exercise 10

DB Hamstring Curls

Lie face down with a dumbbell placed securely between your feet, then lift your legs off the ground by contracting your hamstrings, keeping the dumbbell in place throughout the movement.

Single Exercise

REPS: 10-12 (each side, per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 11

Banded Kickbacks

Loop a resistance band around your feet, and extend your leg backwards while keeping your knee straight, then return to starting position and repeat. Use a stable surface to support you.

Week 9, Day 2 - Upper / Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

60 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

DB Bear Stance Rows (each side)

Assume a bear stance position with dumbbells in hand, then perform rows by pulling the weights towards your chest while keeping your back straight.



Exercise 2

DB Lateral Hollow Body With Knees To Chest

Lie on your back with arms extended overhead, lift legs and upper body off the ground while bringing knees to chest and squeezing abs.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

DB L Raise Superwomans

Lie face down with your legs lifted off the floor and dumbbells in each hand, with elbows bent lift your arms up toward the ceiling and lower back down.



Exercise 4

DB Reverse Table Top Pullovers Crunches

Lie on your back with your legs in tabletop position, extend your arms overhead holding weight and pull them back towards your hips while crunching up.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

DB Lateral Raises

Lift dumbbells to the side of your body, keeping your arms straight, until they reach shoulder height, then lower them back down.



Exercise 6

DB OH Oblique Crunches (each side)

Lie on your side with your body in a straight line and your legs extended on top of each other. Hold a dumbbell with your arm fully extended and lift your upper body off the ground while keeping your legs together. Raise the dumbbell upward.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

Narrow Grip DB Diagonal Shoulder Presses

Hold dumbbells with a narrow grip, raise them diagonally above your head while keeping your elbows close to your body, and then lower them back down to shoulder level.



Exercise 8

Plank Pull Throughs

Start in a plank position with a weight beside you, reach under and pull the weight through to the other side while maintaining a stable core.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

DB Diagonal Raises (each side)

Holding a dumbbell with both hands, raise your arms diagonally towards the ceiling and slowly lower them back down.



Exercise 10

DB Reverse Tabletop Legs Chest Presses

Lie on your back with your feet elevated and knees at 90 degrees, perform chest presses with dumbbells.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 11

Alternating High Knees With Biceps Curls

Lift one knee while simultaneously curling the dumbbells towards your shoulder, then switch to the other knee and repeat.



Exercise 12

DB Hollow Body With Triceps Extension

Lie on your back with arms extended overhead, lift legs and upper body off the ground while keeping lower back pressed into the floor, then extend arms towards the ceiling while keeping elbows close to your ears.

Week 9, Day 3 - Lower Body

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Activation

REPS: 12 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 1

Banded Good Morning Walks

Loop a resistance band around your ankles, hinge at the hips, and lower your torso while lateral stepping with one foot, then repeat with the other foot.

Superset

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 2

DB B-Stance Goblet Squats

Perform a squat while holding a weight in front of your chest, with one foot slightly behind the other for balance.



Exercise 3

Supported Single Leg DB RDLs

Stand on one leg while holding a dumbbell in the opposite hand and hinge forward at the hips, keeping your back straight and lifting your free leg behind you for balance.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 4

Banded Side Lying Leg Raises

Lie on your side with a resistance band around your knees and lift your top leg up and down while keeping your core engaged.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

1 1/2 Goblet Squats

Hold a weight close to your chest, squat down until your thighs are parallel to the ground, then stand back up.



Exercise 6

Dumbbell Swing

Hold a dumbbell with both hands, hinge at the hips, swing the weight back between your legs, then explosively swing it up to shoulder height while standing up straight.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 7

DB Step Ups

Step up onto a raised platform with one foot, then bring the other foot up to meet it before stepping back down and repeating on the other side.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 8

DB Bench Hamstring Curls

Lie face down on a bench holding a dumbbell with your feet, bending at the knees curl the dumbbell towards your glutes using your hamstrings.



Exercise 9

Sit To Jump Squat

Begin in a seated position with knees bent, then explosively jump up while extending your legs and arms.

Week 9, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 2

Bent Over Dumbbell Rows

Bend over at the waist with a dumbbell in each hand, pull the weights up towards your chest while keeping your back straight, then lower them back down.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 4

DB Arnold Shoulder Presses

Hold dumbbells at shoulder height, rotate palms to face body, press weights overhead while rotating palms to face forward, lower back down to starting position and repeat.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 6

Rear Delt Raise With Reverse Flies Combo

Lift dumbbells out to the side and back, squeezing your shoulder blades together, to target the rear deltoids.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 8

DB Diagonal Raises (each side)

Holding a dumbbell with both hands, raise your arms diagonally towards the ceiling and slowly lower them back down.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 10

V Sit DB Biceps Curls

Sit on the floor with your legs straight out in front of you, hold dumbbells in each hand, and curl the weights up towards your shoulders while simultaneously lifting your legs off the ground to form a V shape.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 11

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 12

Bear Stance Row To Triceps Extension w/ DB (each side)

Begin in a bear stance position, row the dumbbell towards your chest and then extend your arms back to work your triceps.

Week 9, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

40 MIN

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 13

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 14

DB Lateral Hold Hollow Bodies

Hold a dumbbell in one hand while lying on your back and simultaneously lift your legs and upper body off the ground into a hollow body position.

Week 9, Day 5 - Lower Body

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Single Exercise

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 60 sec (per set)



Exercise 1

Banded Side Lying Leg Raises

Lie on your side with a resistance band around your knees and lift your top leg up and down while keeping your core engaged.

Single Exercise

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 60 sec (per set)



Exercise 2

BW Clamshells With Hip Thrusts

Lie on your side with your knees bent and feet together, then lift your hips up while lifting the top leg and then lowering it back down.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

DB Straddle Squats

Begin with feet wider than shoulder-width apart, toes pointed outwards, and holding dumbbells in front of your body, then lower your hips down and back into a squat position while keeping your chest up and core engaged.



Exercise 4

Sumo RDL: Double Dumbbell

Hold two dumbbells at your sides with a wide stance, hinge at the hips while keeping your back straight, and lower the weights towards the ground.

Single Exercise

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 30 sec (per set)



Exercise 5

DB Curtsy Lunges

Step back with one leg and cross it behind the other, bending both knees to lower into a lunge position while holding dumbbells.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 6

DB 1 1/2 Hip Thrusts

Perform a hip thrust, lower halfway down, then raise back up to the top for one repetition.



Exercise 7

DB Prone Frogger Abductions

Lie face down on the ground with your arms extended in front of you, lift your legs off the ground and spread them apart as far as possible, then bring them back together and repeat.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 8

DB Bench Hamstring Curls

Lie face down on a bench holding a dumbbell with your feet, bending at the knees curl the dumbbell towards your glutes using your hamstrings.

Week 9, Day 5 - Lower Body

Continuation

Tap each exercise to see its video 

90 MIN

Single Exercise

REPS: 8 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 9

Single Leg Squat Heel/Toe Taps Combo

Stand on one leg and alternate tapping your heel and toe to the ground while performing a squat. Perform on the floor if beginners

Week 9, Day 6 - Full Body Circuit

Tap each exercise to see its video 

WARMUP

COOLDOWN

45 MIN

Circuit

REPS: 12 (per exercise)

SETS: 4

REST: 15 sec (per set)



Exercise 1

DB Squat With Front Hold To Cross Body Knee Kicks

Perform a squat while holding a weight in front of your body, then lift one knee and cross the weight over to the side and repeat on the other side.



Exercise 2

DB Lateral Squats With Alternating Single Arm Presses

Perform a lateral squat while holding a dumbbell in one hand, then press the weight overhead as you stand back up, alternating arms and legs with each repetition.



Exercise 3

Lateral Lunge To Reverse Lunge (Same Working Leg) (each side)

Hold a dumbbell in each hand. Step to the side with one leg, then return to standing, step back with the opposite leg into a lunge position, then return to standing and repeat.



Exercise 4

Push Ups To Plank Jacks to Cross Body Knees

Start in a push-up position, perform a plank jack, bring your knees to your opposite elbow, and repeat.



Exercise 5

DB Reverse Table Top Pullovers Crunches

Lie on your back with your legs in tabletop position, extend your arms overhead holding weight and pull them back towards your hips while crunching up.

Week 9, Day 7 - Optional Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Hollow Body Crunches

Lie on your back, lift your arms and legs off the ground, and crunch your upper body towards your lower body while keeping your core engaged.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

Straight Leg Deadbug Variation

Lie on your back with your arms and legs extended, lift your legs up to a 90-degree angle and lower a leg down while simultaneously reaching your opposite arm overhead, then return to starting position and repeat on the other side.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

DB OH Oblique Crunches

Lie on your side ensuring your body is in a straight line and your legs are extended on top of each other. Hold a dumbbell in your top hand, with your arm fully extended and lift your upper body off the ground while keeping your legs together. Simultaneously, raise the dumbbell upward keeping your arm straight.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

Supported Flutter Kicks

Lie on your back with your hands under your hips, lift your legs off the ground and alternate small kicks while keeping your lower back pressed into the ground.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Supported Reverse Crunches

Lie on your back with your legs extended, place your hands under your hips for support, bend knees at a 90-degree angle bringing them up and lift your hips off the ground while contracting your abs.

Single Exercise

REPS: 20 minutes

SETS: 1

REST:



Exercise 6

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form

Week 10, Day 1 - Lower Body

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Single Exercise

REPS: 12-16 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 1

Banded Duck Walks

Place a resistance band around your ankles and walk forward while maintaining a low squat position.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 2

Exaggerated Banded Hip Hike Abductions

Stand with a resistance band behind your knees and lift one leg out to the side while hiking your hip up towards your shoulder.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 3

Banded Lateral Goblet Squats

Hold a weight in front of your chest and loop a resistance band around your thighs. Stand with feet hip-width apart, then step to the side while squatting down.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

DB Narrow Stance RDLs

Perform a Romanian deadlift with a narrow stance, keeping the dumbbells close to your body and hinging at the hips while maintaining a straight back.



Exercise 5

DB Straddle Squats

Begin with feet wider than shoulder-width apart, toes pointed outwards, and holding dumbbells in front of your body, then lower your hips down and back into a squat position while keeping your chest up and core engaged.

Superset

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 6

DB Reverse Lunges

Step back with one leg and lower your body until your front knee is bent at a 90-degree angle while holding dumbbells, then return to standing position and repeat with the other leg.



Exercise 7

Dynamic Bodyweight Lateral Lunge To High Knee

Step laterally with one foot while simultaneously raising the opposite knee towards your chest, then return to standing position and repeat on the other side.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 8

DB Hip Thrusts, 2 Legs Concentric (Up), 1 Leg Eccentric (Down)

Lift your hips up with both legs and lower down slowly with one leg.

Week 10, Day 1 - Lower Body

Continuation

Tap each exercise to see its video 

90 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

Dumbbell Calf Raises

Hold a dumbbell in each hand, and raise your heels as high as possible before lowering them back down.



Exercise 10

DB Hamstring Curls

Lie face down with a dumbbell placed securely between your feet, then lift your legs off the ground by contracting your hamstrings, keeping the dumbbell in place throughout the movement.

Single Exercise

REPS: 10-12 (each side, per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 11

Banded Kickbacks

Loop a resistance band around your feet, and extend your leg backwards while keeping your knee straight, then return to starting position and repeat. Use a stable surface to support you.

Week 10, Day 2 - Upper / Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

60 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

DB Bear Stance Rows (each side)

Assume a bear stance position with dumbbells in hand, then perform rows by pulling the weights towards your chest while keeping your back straight.



Exercise 2

DB Lateral Hollow Body With Knees To Chest

Lie on your back with arms extended overhead, lift legs and upper body off the ground while bringing knees to chest and squeezing abs.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

DB L Raise Superwomans

Lie face down with your legs lifted off the floor and dumbbells in each hand, with elbows bent lift your arms up toward the ceiling and lower back down.



Exercise 4

DB Reverse Table Top Pullovers Crunches

Lie on your back with your legs in tabletop position, extend your arms overhead holding weight and pull them back towards your hips while crunching up.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

DB Lateral Raises

Lift dumbbells to the side of your body, keeping your arms straight, until they reach shoulder height, then lower them back down.



Exercise 6

DB OH Oblique Crunches (each side)

Lie on your side with your body in a straight line and your legs extended on top of each other. Hold a dumbbell with your arm fully extended and lift your upper body off the ground while keeping your legs together. Raise the dumbbell upward.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

Narrow Grip DB Diagonal Shoulder Presses

Hold dumbbells with a narrow grip, raise them diagonally above your head while keeping your elbows close to your body, and then lower them back down to shoulder level.



Exercise 8

Plank Pull Throughs

Start in a plank position with a weight beside you, reach under and pull the weight through to the other side while maintaining a stable core.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

DB Diagonal Raises (each side)

Holding a dumbbell with both hands, raise your arms diagonally towards the ceiling and slowly lower them back down.



Exercise 10

DB Reverse Tabletop Legs Chest Presses

Lie on your back with your feet elevated and knees at 90 degrees, perform chest presses with dumbbells.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 11

Alternating High Knees With Biceps Curls

Lift one knee while simultaneously curling the dumbbells towards your shoulder, then switch to the other knee and repeat.



Exercise 12

DB Hollow Body With Triceps Extension

Lie on your back with arms extended overhead, lift legs and upper body off the ground while keeping lower back pressed into the floor, then extend arms towards the ceiling while keeping elbows close to your ears.

Week 10, Day 3 - Lower Body

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Activation

REPS: 12 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 1

Banded Good Morning Walks

Loop a resistance band around your ankles, hinge at the hips, and lower your torso while lateral stepping with one foot, then repeat with the other foot.

Superset

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 2

DB B-Stance Goblet Squats

Perform a squat while holding a weight in front of your chest, with one foot slightly behind the other for balance.



Exercise 3

Supported Single Leg DB RDLs

Stand on one leg while holding a dumbbell in the opposite hand and hinge forward at the hips, keeping your back straight and lifting your free leg behind you for balance.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 4

Banded Side Lying Leg Raises

Lie on your side with a resistance band around your knees and lift your top leg up and down while keeping your core engaged.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

1 1/2 Goblet Squats

Hold a weight close to your chest, squat down until your thighs are parallel to the ground, then stand back up.



Exercise 6

Dumbbell Swing

Hold a dumbbell with both hands, hinge at the hips, swing the weight back between your legs, then explosively swing it up to shoulder height while standing up straight.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 7

DB Step Ups

Step up onto a raised platform with one foot, then bring the other foot up to meet it before stepping back down and repeating on the other side.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 8

DB Bench Hamstring Curls

Lie face down on a bench holding a dumbbell with your feet, bending at the knees curl the dumbbell towards your glutes using your hamstrings.



Exercise 9

Sit To Jump Squat

Begin in a seated position with knees bent, then explosively jump up while extending your legs and arms.

Week 10, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 2

Bent Over Dumbbell Rows

Bend over at the waist with a dumbbell in each hand, pull the weights up towards your chest while keeping your back straight, then lower them back down.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 4

DB Arnold Shoulder Presses

Hold dumbbells at shoulder height, rotate palms to face body, press weights overhead while rotating palms to face forward, lower back down to starting position and repeat.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 6

Rear Delt Raise With Reverse Flies Combo

Lift dumbbells out to the side and back, squeezing your shoulder blades together, to target the rear deltoids.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 8

DB Diagonal Raises (each side)

Holding a dumbbell with both hands, raise your arms diagonally towards the ceiling and slowly lower them back down.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 10

V Sit DB Biceps Curls

Sit on the floor with your legs straight out in front of you, hold dumbbells in each hand, and curl the weights up towards your shoulders while simultaneously lifting your legs off the ground to form a V shape.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 11

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 12

Bear Stance Row To Triceps Extension w/ DB (each side)

Begin in a bear stance position, row the dumbbell towards your chest and then extend your arms back to work your triceps.

Week 10, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

40 MIN

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 13

Jumping Jacks

Jump up and spread your legs and arms out to the side, then jump back to starting position with arms and legs together.



Exercise 14

DB Lateral Hold Hollow Bodies

Hold a dumbbell in one hand while lying on your back and simultaneously lift your legs and upper body off the ground into a hollow body position.

Week 10, Day 5 - Lower Body

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Single Exercise

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 60 sec (per set)



Exercise 1

Banded Side Lying Leg Raises

Lie on your side with a resistance band around your knees and lift your top leg up and down while keeping your core engaged.

Single Exercise

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 60 sec (per set)



Exercise 2

BW Clamshells With Hip Thrusts

Lie on your side with your knees bent and feet together, then lift your hips up while lifting the top leg and then lowering it back down.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

DB Straddle Squats

Begin with feet wider than shoulder-width apart, toes pointed outwards, and holding dumbbells in front of your body, then lower your hips down and back into a squat position while keeping your chest up and core engaged.



Exercise 4

Sumo RDL: Double Dumbbell

Hold two dumbbells at your sides with a wide stance, hinge at the hips while keeping your back straight, and lower the weights towards the ground.

Single Exercise

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 30 sec (per set)



Exercise 5

DB Curtsy Lunges

Step back with one leg and cross it behind the other, bending both knees to lower into a lunge position while holding dumbbells.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 6

DB 1 1/2 Hip Thrusts

Perform a hip thrust, lower halfway down, then raise back up to the top for one repetition.



Exercise 7

DB Prone Frogger Abductions

Lie face down on the ground with your arms extended in front of you, lift your legs off the ground and spread them apart as far as possible, then bring them back together and repeat.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 8

DB Bench Hamstring Curls

Lie face down on a bench holding a dumbbell with your feet, bending at the knees curl the dumbbell towards your glutes using your hamstrings.

Week 10, Day 5 - Lower Body

Continuation

Tap each exercise to see its video 

90 MIN

Single Exercise

REPS: 8 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 9

Single Leg Squat Heel/Toe Taps Combo

Stand on one leg and alternate tapping your heel and toe to the ground while performing a squat. Perform on the floor if beginners

Week 10, Day 6 - Full Body Circuit

Tap each exercise to see its video 

WARMUP

COOLDOWN

45 MIN

Circuit

REPS: 12 (per exercise)

SETS: 4

REST: 15 sec (per set)



Exercise 1

DB Squat With Front Hold To Cross Body Knee Kicks

Perform a squat while holding a weight in front of your body, then lift one knee and cross the weight over to the side and repeat on the other side.



Exercise 2

DB Lateral Squats With Alternating Single Arm Presses

Perform a lateral squat while holding a dumbbell in one hand, then press the weight overhead as you stand back up, alternating arms and legs with each repetition.



Exercise 3

Lateral Lunge To Reverse Lunge (Same Working Leg) (each side)

Hold a dumbbell in each hand. Step to the side with one leg, then return to standing, step back with the opposite leg into a lunge position, then return to standing and repeat.



Exercise 4

Push Ups To Plank Jacks to Cross Body Knees

Start in a push-up position, perform a plank jack, bring your knees to your opposite elbow, and repeat.



Exercise 5

DB Reverse Table Top Pullovers Crunches

Lie on your back with your legs in tabletop position, extend your arms overhead holding weight and pull them back towards your hips while crunching up.

Week 10, Day 7 - Optional Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Hollow Body Crunches

Lie on your back, lift your arms and legs off the ground, and crunch your upper body towards your lower body while keeping your core engaged.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

Straight Leg Deadbug Variation

Lie on your back with your arms and legs extended, lift your legs up to a 90-degree angle and lower a leg down while simultaneously reaching your opposite arm overhead, then return to starting position and repeat on the other side.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

DB OH Oblique Crunches

Lie on your side ensuring your body is in a straight line and your legs are extended on top of each other. Hold a dumbbell in your top hand, with your arm fully extended and lift your upper body off the ground while keeping your legs together. Simultaneously, raise the dumbbell upward keeping your arm straight.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

Supported Flutter Kicks

Lie on your back with your hands under your hips, lift your legs off the ground and alternate small kicks while keeping your lower back pressed into the ground.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Supported Reverse Crunches

Lie on your back with your legs extended, place your hands under your hips for support, bend knees at a 90-degree angle bringing them up and lift your hips off the ground while contracting your abs.

Single Exercise

REPS: 20 minutes

SETS: 1

REST:



Exercise 6

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form

Week 11, Day 1 - Lower Body

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Single Exercise

REPS: 12-16 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 1

Lateral Banded Squats Walks

Place a resistance band around your thighs, squat down, and take small steps to the side while maintaining tension on the band. Switch sides at halfway.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 2

DB Bent Leg Abductions

With your knees bent, hold a dumbbell against your ankle, and lift your legs up and out to the sides while keeping your knees bent and squeezing your glute. Hold onto a stable surface for support.

Superset

REPS: 10-12 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

DB B-Stance Goblet Squats

Perform a squat while holding a weight in front of your chest, with one foot slightly behind the other for balance.



Exercise 4

Supported Single Leg DB RDLs

Stand on one leg while holding a dumbbell in the opposite hand and hinge forward at the hips, keeping your back straight and lifting your free leg behind you for balance.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 5

DB Kneeling Step Up

Step back into a reverse lunge, ensuring the back knee gently touches the ground, then return to the starting position and switch legs.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 6

Dynamic Bodyweight Lateral Lunge To High Knee

Step laterally with one foot while simultaneously raising the opposite knee towards your chest, then return to standing position and repeat on the other side.

Superset

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 7

DB B-Stance Hip Thrusts

Perform a hip thrust with one foot forward with heel elevated while keeping the other foot on the ground.

Week 11, Day 1 - Lower Body

Continuation

Tap each exercise to see its video 

90 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 8

Weighted Wall Sits With Alternating Leg Raise (each side)

Hold a weight against your chest while sitting against a wall and alternate lifting one leg at a time.



Exercise 9

DB Bench Hamstring Curls

Lie face down on a bench holding a dumbbell with your feet, bending at the knees curl the dumbbell towards your glutes using your hamstrings.

Single Exercise

REPS: 10-12 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 10

Clamshells With DB Hip Thrusts

Lie on your side with knees bent and lift your top knee while simultaneously thrusting your hips up with a dumbbell resting behind your knee.

Week 11, Day 2 - Upper / Abs

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

60 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Push Up

Lower your body to the ground by bending your arms, then push yourself back up to the starting position.



Exercise 2

Hollow Body Crunches

Lie on your back, lift your arms and legs off the ground, and crunch your upper body towards your lower body while keeping your core engaged.

Superset

REPS: 12-16 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 3

Unilateral DB Bent Over Rows

 (each side)

Hold a dumbbell in one hand, hinge forward at the hips, and pull the weight up towards your chest while keeping your elbow close to your body.



Exercise 4

DB OH Pike Ups

Lie on your back holding a dumbbell up in both hands, lift your legs up towards the ceiling, and then crunch up and lower back down,

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Superman With Swimmers

Lie face down on a mat with arms and legs extended. Lift your legs and perform pull-downs with your arms.



Exercise 6

V Sit Forward Press

Sit on the floor with your legs straight, lift your legs off the ground, and then press your arms forward while holding the position.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

Narrow Grip DB Shoulder Presses

Hold dumbbells with a narrow grip and press them overhead while keeping your elbows close to your body.



Exercise 8

DB OH Reverse Crunches

Lie on your back holding a dumbbell up in both hands, lift your legs and hips off the ground while bringing your knees towards your chest.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

DB Kneeling Front Raises

While kneeling on the ground, hold dumbbells in each hand and raise them in front of you to shoulder height, keeping your core engaged and elbows slightly bent.



Exercise 10

V Sit DB Twists

Sit on the floor with your legs lifted and straight, holding a dumbbell, and twist your torso to each side.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 11

DB Kneeling Bicep Curls To Shoulder Presses

Kneel on the floor with dumbbells in hand, curl the weights up to your shoulders, then press them overhead while maintaining balance.



Exercise 12


Plank Triceps Extensions

 (each side)

Begin in a plank position with one hand on a dumbbell, extend your arm back to work your triceps.

Week 11, Day 2 - Upper / Abs

Continuation

Tap each exercise to see its video 

60 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 13

DB Lateral Raises

Lift dumbbells to the side of your body, keeping your arms straight, until they reach shoulder height, then lower them back down.



Exercise 14

Around The Worlds With Alt Leg Raise

Lie on your back, lift one leg while simultaneously touching your hand under the lifted leg, then perform on the other side.

Week 11, Day 3 - Lower Body

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Single Exercise

REPS: 18 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 1

Lateral Banded Squats Walks

Place a resistance band around your thighs, squat down, and take small steps to the side while maintaining tension on the band. Switch sides at halfway.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 2

Exaggerated Hip Hikes With Abduction w/ DB

Standing upright, lift one hip higher than the other, and simultaneously extend the leg laterally. Intensify the exercise by holding a dumbbell in hand, and engaging the hip abductors for enhanced strength and stability.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 3

DB Bulgarian Split Squats

Perform a lunge-like movement with one foot elevated behind you and holding dumbbells, lowering your body until your front thigh is parallel to the ground. If too difficult, drop DB and do bodyweight.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 4

DB Hip Thrusts, 2 Legs Concentric (Up), 1 Leg Eccentric (Down)

Lift your hips up with both legs and lower down slowly with one leg.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

DB Straddle Squats

Begin with feet wider than shoulder-width apart, toes pointed outwards, and holding dumbbells in front of your body, then lower your hips down and back into a squat position while keeping your chest up and core engaged.



Exercise 6

DB Narrow Stance RDLs

Perform a Romanian deadlift with a narrow stance, keeping the dumbbells close to your body and hinging at the hips while maintaining a straight back.

Single Exercise

REPS: 10-12 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 7

DB Lateral Lunges

Step to the side with one foot while keeping the other foot planted, then lower your body by bending the knee of the stepping foot and pushing your hips back, then return to standing. Repeat on the other side.

Week 11, Day 3 - Lower Body

Continuation

Tap each exercise to see its video 

90 MIN

Single Exercise

REPS: 12-16 (per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 8

Banded Superwoman With Abductions

Lie face down on a mat with a resistance band above your knees, and lift your arms and legs off the ground while simultaneously spreading your legs apart.

Week 11, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Activation

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Bent Over Dumbbell Rows

Bend over at the waist with a dumbbell in each hand, pull the weights up towards your chest while keeping your back straight, then lower them back down.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 3

Kneeling Diagonal Over The Shoulder Raises

Kneel on the ground, hold a weight in one hand and raise it diagonally over the each shoulder.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 5

DB Kneeling Bicep Curls To Shoulder Presses

Kneel on the floor with dumbbells in hand, curl the weights up to your shoulders, then press them overhead while maintaining balance.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 6

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 7

DB Kneeling Front Raises

While kneeling on the ground, hold dumbbells in each hand and raise them in front of you to shoulder height, keeping your core engaged and elbows slightly bent.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 8

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 9

DB Seated Triceps Extensions

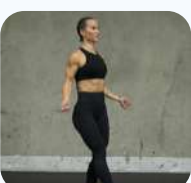
Sit with a dumbbell in both hands, extend your arms straight up and then lower the weight behind your head while keeping your elbows stationary.

Superset

REPS: 12 (per exercise)

SETS: 4

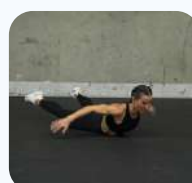
REST: 30 sec (per set)



Exercise 10

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 11

Superwoman Swimmers With Shoulder Rotations

Lie face down on a mat with arms extended overhead, lift arms and legs off the ground while rotating shoulders back and down.

Week 11, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

40 MIN

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 12

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 13

DB Lateral Hollow Body With Knees To Chest

Lie on your back with arms extended overhead, lift legs and upper body off the ground while bringing knees to chest and squeezing abs.

Single Exercise

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 14

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Week 11, Day 5 - Lower Body

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Single Exercise

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 60 sec (per set)



Exercise 1

Banded Side Lying Leg Raises

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Single Exercise

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 60 sec (per set)



Exercise 2

Clamshells With DB Hip Thrusts

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Single Exercise

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 30 sec (per set)



Exercise 3

Supported DB Reverse Lunges

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 4

1 1/2 Goblet Squats

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 5

DB Seated Good Mornings

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 6

DB Long Lever Glute Bridge

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Week 11, Day 5 - Lower Body

Continuation

Tap each exercise to see its video 

90 MIN

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 7

DB 1 1/2 Hip Thrusts

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 8

DB Bench Reverse Hyper Frogger With Abduction

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Single Exercise

REPS: 12 (each side, per exercise)

SETS: 1

REST: 30 sec (per set)



Exercise 9

Single Leg Squat Heel/Toe Taps Combo

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Week 11, Day 6 - Full Body Circuit

Tap each exercise to see its video 

WARMUP

COOLDOWN

45 MIN

Circuit

REPS: 12 (per exercise)

SETS: 4

REST: 15 sec (per set)



Exercise 1

DB Squat Swing

Hold a dumbbell with both hands, squat down, swing the weight between your legs, and then up to shoulder height keeping the back straight.



Exercise 2

Dumbbells RDL To Squat

Hold a pair of dumbbells at arm's length in front of you, hinge at your hips to lower them towards the ground in a Romanian Deadlift, then bend your knees to lower into a squat, before reversing the motion to stand up.



Exercise 3

DB Lateral Lunge With Single Arm Row (each side)

Step to the side and bend one knee while keeping the other leg straight. Row a weight with your arm on the same side, then return to the starting position and repeat on the other side.



Exercise 4

Forearm Plank Reaches (each side)

Start in a forearm plank position and reach one arm out in front of you, alternating arms while maintaining a stable core.



Exercise 5

DB Lateral Hold Flutter Kicks

Lie on your back holding dumbbells, lift your legs off the ground and flutter kick while holding the position.



Exercise 6

Push Up With Cross Body Knees To Chest

Perform a push up while bringing your knees to your chest and crossing them over your body.

Week 11, Day 7 - Optional Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Hollow Body Crunches

Lie on your back, lift your arms and legs off the ground, and crunch your upper body towards your lower body while keeping your core engaged.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

Straight Leg Deadbug Variation

Lie on your back with your arms and legs extended, lift your legs up to a 90-degree angle and lower a leg down while simultaneously reaching your opposite arm overhead, then return to starting position and repeat on the other side.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

DB OH Oblique Crunches

Lie on your side ensuring your body is in a straight line and your legs are extended on top of each other. Hold a dumbbell in your top hand, with your arm fully extended and lift your upper body off the ground while keeping your legs together. Simultaneously, raise the dumbbell upward keeping your arm straight.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

Supported Flutter Kicks

Lie on your back with your hands under your hips, lift your legs off the ground and alternate small kicks while keeping your lower back pressed into the ground.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Supported Reverse Crunches

Lie on your back with your legs extended, place your hands under your hips for support, bend knees at a 90-degree angle bringing them up and lift your hips off the ground while contracting your abs.

Single Exercise

REPS: 20 minutes

SETS: 1

REST:



Exercise 6

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form

Week 12, Day 1 - Lower Body

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Single Exercise

REPS: 12-16 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 1

Lateral Banded Squats Walks

Place a resistance band around your thighs, squat down, and take small steps to the side while maintaining tension on the band. Switch sides at halfway.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 2

DB Bent Leg Abductions

With your knees bent, hold a dumbbell against your ankle, and lift your legs up and out to the sides while keeping your knees bent and squeezing your glute. Hold onto a stable surface for support.

Superset

REPS: 10-12 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

DB B-Stance Goblet Squats

Perform a squat while holding a weight in front of your chest, with one foot slightly behind the other for balance.



Exercise 4

Supported Single Leg DB RDLs

Stand on one leg while holding a dumbbell in the opposite hand and hinge forward at the hips, keeping your back straight and lifting your free leg behind you for balance.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 5

DB Kneeling Step Up

Step back into a reverse lunge, ensuring the back knee gently touches the ground, then return to the starting position and switch legs.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 6

Dynamic Bodyweight Lateral Lunge To High Knee

Step laterally with one foot while simultaneously raising the opposite knee towards your chest, then return to standing position and repeat on the other side.

Superset

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 7

DB B-Stance Hip Thrusts

Perform a hip thrust with one foot forward with heel elevated while keeping the other foot on the ground.

Week 12, Day 1 - Lower Body

Continuation

Tap each exercise to see its video 

90 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 8

Weighted Wall Sits With Alternating Leg Raise (each side)

Hold a weight against your chest while sitting against a wall and alternate lifting one leg at a time.



Exercise 9

DB Bench Hamstring Curls

Lie face down on a bench holding a dumbbell with your feet, bending at the knees curl the dumbbell towards your glutes using your hamstrings.

Single Exercise

REPS: 10-12 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 10

Clamshells With DB Hip Thrusts

Lie on your side with knees bent and lift your top knee while simultaneously thrusting your hips up with a dumbbell resting behind your knee.

Week 12, Day 2 - Upper / Abs

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

60 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Push Up

Lower your body to the ground by bending your arms, then push yourself back up to the starting position.



Exercise 2

Hollow Body Crunches

Lie on your back, lift your arms and legs off the ground, and crunch your upper body towards your lower body while keeping your core engaged.

Superset

REPS: 12-16 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 3

Unilateral DB Bent Over Rows

 (each side)

Hold a dumbbell in one hand, hinge forward at the hips, and pull the weight up towards your chest while keeping your elbow close to your body.



Exercise 4

DB OH Pike Ups

Lie on your back holding a dumbbell up in both hands, lift your legs up towards the ceiling, and then crunch up and lower back down,

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Superman With Swimmers

Lie face down on a mat with arms and legs extended. Lift your legs and perform pull-downs with your arms.



Exercise 6

V Sit Forward Press

Sit on the floor with your legs straight, lift your legs off the ground, and then press your arms forward while holding the position.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 7

Narrow Grip DB Shoulder Presses

Hold dumbbells with a narrow grip and press them overhead while keeping your elbows close to your body.



Exercise 8

DB OH Reverse Crunches

Lie on your back holding a dumbbell up in both hands, lift your legs and hips off the ground while bringing your knees towards your chest.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 9

DB Kneeling Front Raises

While kneeling on the ground, hold dumbbells in each hand and raise them in front of you to shoulder height, keeping your core engaged and elbows slightly bent.



Exercise 10

V Sit DB Twists

Sit on the floor with your legs lifted and straight, holding a dumbbell, and twist your torso to each side.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 11

DB Kneeling Bicep Curls To Shoulder Presses

Kneel on the floor with dumbbells in hand, curl the weights up to your shoulders, then press them overhead while maintaining balance.



Exercise 12

Plank Triceps Extensions

 (each side)

Begin in a plank position with one hand on a dumbbell, extend your arm back to work your triceps.

Week 12, Day 2 - Upper / Abs

Continuation

Tap each exercise to see its video 

60 MIN

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 13

DB Lateral Raises

Lift dumbbells to the side of your body, keeping your arms straight, until they reach shoulder height, then lower them back down.



Exercise 14

Around The Worlds With Alt Leg Raise

Lie on your back, lift one leg while simultaneously touching your hand under the lifted leg, then perform on the other side.

Week 12, Day 3 - Lower Body

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Single Exercise

REPS: 18 (per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 1

Lateral Banded Squats Walks

Place a resistance band around your thighs, squat down, and take small steps to the side while maintaining tension on the band. Switch sides at halfway.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 2

Exaggerated Hip Hikes With Abduction w/ DB

Standing upright, lift one hip higher than the other, and simultaneously extend the leg laterally. Intensify the exercise by holding a dumbbell in hand, and engaging the hip abductors for enhanced strength and stability.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 3

DB Bulgarian Split Squats

Perform a lunge-like movement with one foot elevated behind you and holding dumbbells, lowering your body until your front thigh is parallel to the ground. If too difficult, drop DB and do bodyweight.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 4

DB Hip Thrusts, 2 Legs Concentric (Up), 1 Leg Eccentric (Down)

Lift your hips up with both legs and lower down slowly with one leg.

Superset

REPS: 10-12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

DB Straddle Squats

Begin with feet wider than shoulder-width apart, toes pointed outwards, and holding dumbbells in front of your body, then lower your hips down and back into a squat position while keeping your chest up and core engaged.



Exercise 6

DB Narrow Stance RDLs

Perform a Romanian deadlift with a narrow stance, keeping the dumbbells close to your body and hinging at the hips while maintaining a straight back.

Single Exercise

REPS: 10-12 (each side, per exercise)

SETS: 3

REST: 30 sec (per set)



Exercise 7

DB Lateral Lunges

Step to the side with one foot while keeping the other foot planted, then lower your body by bending the knee of the stepping foot and pushing your hips back, then return to standing. Repeat on the other side.

Week 12, Day 3 - Lower Body

Continuation

Tap each exercise to see its video 

90 MIN

Single Exercise

REPS: 12-16 (per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 8

Banded Superwoman With Abductions

Lie face down on a mat with a resistance band above your knees, and lift your arms and legs off the ground while simultaneously spreading your legs apart.

Week 12, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Activation

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Bent Over Dumbbell Rows

Bend over at the waist with a dumbbell in each hand, pull the weights up towards your chest while keeping your back straight, then lower them back down.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 3

Kneeling Diagonal Over The Shoulder Raises

Kneel on the ground, hold a weight in one hand and raise it diagonally over the each shoulder.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 5

DB Kneeling Bicep Curls To Shoulder Presses

Kneel on the floor with dumbbells in hand, curl the weights up to your shoulders, then press them overhead while maintaining balance.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 6

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 7

DB Kneeling Front Raises

While kneeling on the ground, hold dumbbells in each hand and raise them in front of you to shoulder height, keeping your core engaged and elbows slightly bent.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 8

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 9

DB Seated Triceps Extensions

Sit with a dumbbell in both hands, extend your arms straight up and then lower the weight behind your head while keeping your elbows stationary.

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 10

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 11

Superwoman Swimmers With Shoulder Rotations

Lie face down on a mat with arms extended overhead, lift arms and legs off the ground while rotating shoulders back and down.

Week 12, Day 4 - Optional Cardio/Upper/Abs

Tap each exercise to see its video 

40 MIN

Superset

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 12

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.



Exercise 13

DB Lateral Hollow Body With Knees To Chest

Lie on your back with arms extended overhead, lift legs and upper body off the ground while bringing knees to chest and squeezing abs.

Single Exercise

REPS: 12 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 14

Faux Jump Rope

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Week 12, Day 5 - Lower Body

Continued on
next page →

Tap each exercise to see its video 

WARMUP

COOLDOWN

90 MIN

Single Exercise

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 60 sec (per set)



Exercise 1

Banded Side Lying Leg Raises

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Single Exercise

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 60 sec (per set)



Exercise 2

Clamshells With DB Hip Thrusts

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Single Exercise

REPS: 12-16 (each side, per exercise) SETS: 3

REST: 30 sec (per set)



Exercise 3

Supported DB Reverse Lunges

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 4

1 1/2 Goblet Squats

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 5

DB Seated Good Mornings

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 3

REST: 60 sec (per set)



Exercise 6

DB Long Lever Glute Bridge

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Week 12, Day 5 - Lower Body

Continuation

Tap each exercise to see its video 

90 MIN

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 7

DB 1 1/2 Hip Thrusts

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Single Exercise

REPS: 10-12 (per exercise)

SETS: 4

REST: 60 sec (per set)



Exercise 8

DB Bench Reverse Hyper Frogger With Abduction

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Single Exercise

REPS: 12 (each side, per exercise)

SETS: 1

REST: 30 sec (per set)



Exercise 9

Single Leg Squat Heel/Toe Taps Combo

Pretend to jump rope by swinging your arms and hopping on the balls of your feet without an actual rope.

Week 12, Day 6 - Full Body Circuit

Tap each exercise to see its video 

WARMUP

COOLDOWN

45 MIN

Circuit

REPS: 12 (per exercise)

SETS: 4

REST: 15 sec (per set)



Exercise 1

DB Squat Swing

Hold a dumbbell with both hands, squat down, swing the weight between your legs, and then up to shoulder height keeping the back straight.



Exercise 2

Dumbbells RDL To Squat

Hold a pair of dumbbells at arm's length in front of you, hinge at your hips to lower them towards the ground in a Romanian Deadlift, then bend your knees to lower into a squat, before reversing the motion to stand up.



Exercise 3

DB Lateral Lunge With Single Arm Row (each side)

Step to the side and bend one knee while keeping the other leg straight. Row a weight with your arm on the same side, then return to the starting position and repeat on the other side.



Exercise 4

Forearm Plank Reaches (each side)

Start in a forearm plank position and reach one arm out in front of you, alternating arms while maintaining a stable core.



Exercise 5

DB Lateral Hold Flutter Kicks

Lie on your back holding dumbbells, lift your legs off the ground and flutter kick while holding the position.



Exercise 6

Push Up With Cross Body Knees To Chest

Perform a push up while bringing your knees to your chest and crossing them over your body.

Week 12, Day 7 - Optional Abs

Tap each exercise to see its video 

WARMUP

COOLDOWN

40 MIN

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 1

Hollow Body Crunches

Lie on your back, lift your arms and legs off the ground, and crunch your upper body towards your lower body while keeping your core engaged.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 2

Straight Leg Deadbug Variation

Lie on your back with your arms and legs extended, lift your legs up to a 90-degree angle and lower a leg down while simultaneously reaching your opposite arm overhead, then return to starting position and repeat on the other side.

Single Exercise

REPS: 12-16 (each side, per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 3

DB OH Oblique Crunches

Lie on your side ensuring your body is in a straight line and your legs are extended on top of each other. Hold a dumbbell in your top hand, with your arm fully extended and lift your upper body off the ground while keeping your legs together. Simultaneously, raise the dumbbell upward keeping your arm straight.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 4

Supported Flutter Kicks

Lie on your back with your hands under your hips, lift your legs off the ground and alternate small kicks while keeping your lower back pressed into the ground.

Single Exercise

REPS: 12-16 (per exercise)

SETS: 4

REST: 30 sec (per set)



Exercise 5

Supported Reverse Crunches

Lie on your back with your legs extended, place your hands under your hips for support, bend knees at a 90-degree angle bringing them up and lift your hips off the ground while contracting your abs.

Single Exercise

REPS: 20 minutes

SETS: 1

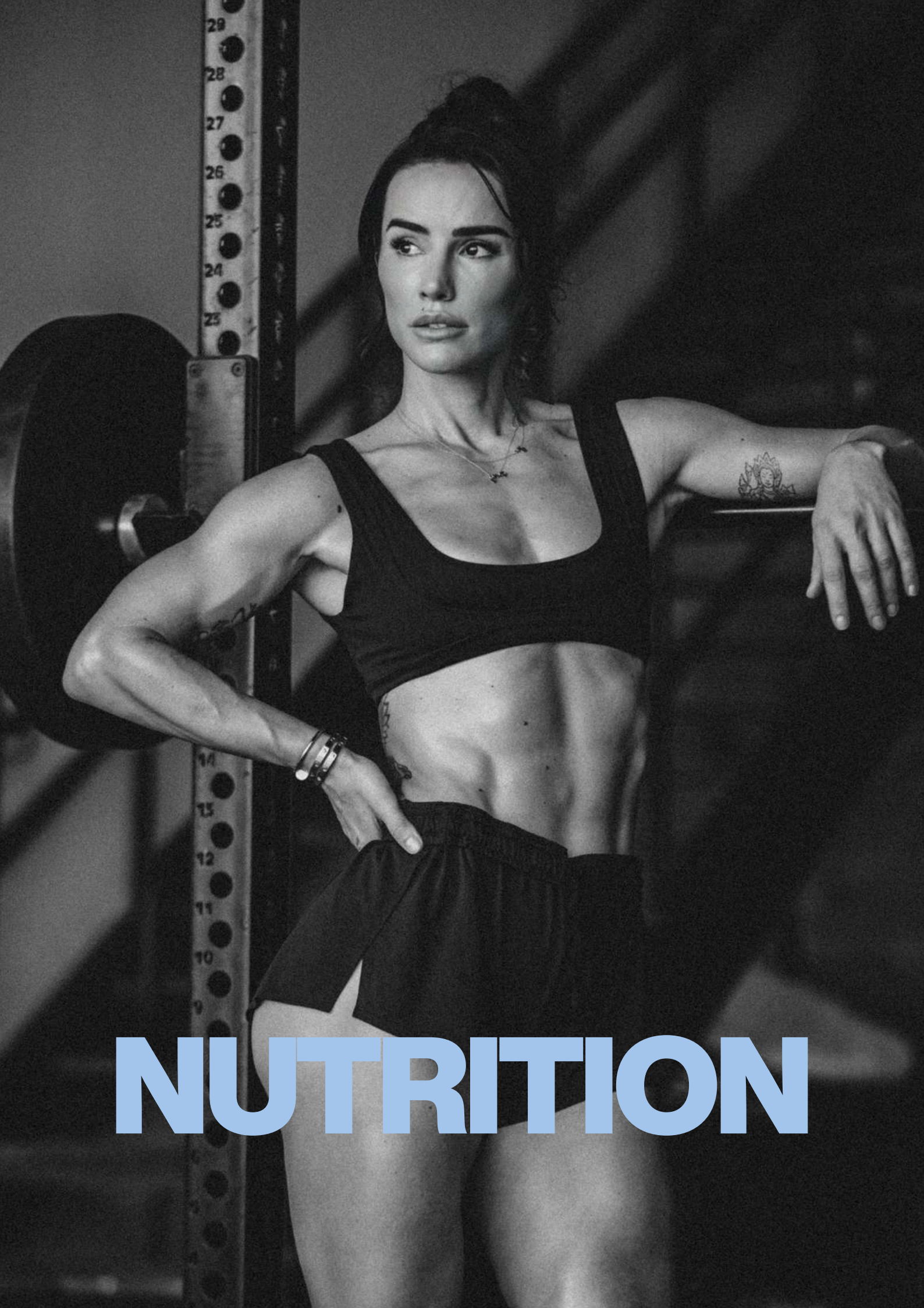
REST:



Exercise 6

Optional Steady State Cardio

Perform low to moderate-intensity cardiovascular exercise of any form



NUTRITION



Nutrition Philosophy

At WeRise, nutrition is about fueling your body to perform, recover, and feel strong. Not restricting, eliminating, or chasing perfection. The INSERT NAME approach is **protein-focused** and built around **balanced, whole-food meals** that support strength training and sustainable results.

Protein is a key priority because it supports muscle repair, strength gains, and more. A general guideline during this program is to aim for **0.8 to 1 gram of protein per pound of body weight per day**. This range supports muscle growth and recovery, especially while strength training regularly. Hitting this target does not require perfection or complicated tracking, it can be achieved by including a quality protein source at each meal and snack.

Balanced meals are just as important as protein intake. Each meal should ideally include:

- A protein source to support muscle and recovery
- Carbohydrates to fuel workouts, energy, and performance
- Healthy fats to support hormones, digestion, and overall health

Whole foods are emphasized because they provide nutrients your body needs to function at its best, but flexibility is encouraged. There are no “off-limits” foods in INSERT NAME. Consistency matters more than eating perfectly, and enjoyment plays a role in sustainability.

This nutrition philosophy is designed to support your training, not control it. When you fuel your body well, workouts feel stronger, recovery improves, and progress



Nutrition Philosophy Continued

becomes easier to maintain. The goal is not a short-term diet, but a realistic way of eating that supports long-term results.

When to Fuel:

Before workouts, aim to eat a balanced meal or snack that includes carbohydrates and protein about 30 minutes - 2 hours prior, depending on digestion and preference. This helps fuel your workout and maintain energy. After workouts, prioritize protein and carbohydrates within 1–2 hours to support muscle repair and replenish energy stores. While timing can be helpful, daily intake and consistency matter most.

***Disclaimer:** If you're already working with a nutritionist or following a personalized nutrition plan, continue to follow that guidance. There is no required meal structure to follow for this program. If you already have meals and foods you enjoy and can stay consistent with, that's encouraged. This approach is about flexibility, sustainability, and finding what works best for you.



Banana Protein Pancakes

Serving Size:
1

Calories:
275

Protein:
12g

Carbs:
41g

Fat:
7g

15 MIN

Ingredients

25 grams oats
1 egg
½ banana
30 ml semi-skimmed milk
1 teaspoon cinnamon
20 grams fat free yogurt
¼ cup mixed berries
1 teaspoon honey
6 sprays cooking spray

Instructions

1. Place the oats, egg, banana, milk and cinnamon in a blender.
2. Blend until smooth.
3. Heat a non-stick frying pan on medium heat with cooking spray.
4. Pour 1/3 of the mixture into the middle of the pan. Cook until bubbles start to form on the top.
5. Turn the pancake over and cook on the other side.
6. Once cooked, set aside on a plate and repeat steps 4 and 5 two more times with the remaining mixture.
7. Remove your pan from the heat.
8. Place the yogurt and the berries on top of the pancakes and drizzle with honey.

Yogurt Bowl

20 MIN

Serving Size:
1 bowl

Calories:
430

Protein:
26g

Carbs:
60g

Fat:
7g

Ingredients

1 cup plain Greek yogurt
¼ cup fresh berries
20g rolled oats
20g cornflakes
5g flaxseeds
1 tbsp honey

Instructions

1. Preheat oven to 180°F.
2. Line a baking sheet with parchment paper.
3. Place the oats, cornflakes, flax seeds, and honey in a bowl and mix until well combined.
4. Place on baking sheet and bake for 10-15 minutes or until golden and crispy.
5. Remove from oven and let cool for 5 minutes.
6. Break up the granola into pieces before placing it over yogurt and berries.



Chocolate PB Protein Smoothie

5 MIN

Serving Size:
1 cup

Calories:
399

Protein:
33g

Carbs:
33g

Fat:
15g

Ingredients

25 grams chocolate whey protein
250 ml semi-skimmed milk
5 grams cacao powder
1 tablespoon peanut butter
½ banana

Instructions

1. Place all ingredients in a blender.
2. Blend until smooth and serve cold or over ice.





Egg Bites

45 MIN

Serving Size:
3 egg bites

Calories:
198

Protein:
21g

Carbs:
6g

Fat:
10g

Ingredients

6 eggs
2 handfuls of spinach
½ cup yellow onion
½ cup red pepper
100 grams cottage cheese
½ tsp garlic powder
Salt and pepper to taste

Instructions

1. Preheat oven to 375°F.
2. Chop onion, red bell pepper, and spinach.
3. Sauté onion, red pepper, and spinach until softened.

Blueberry Protein Overnight Oats

NIGHT

Serving Size:
1 bowl

Calories:
420

Protein:
30g

Carbs:
52g

Fat:
11g

Ingredients

½ cup rolled oats
½ cup almond milk
1 scoop vanilla protein powder
½ cup frozen blueberries
1 tbsp chia seeds
1 tbsp honey

Instructions

1. Mix oats protein powder, chia seeds, almond milk, and honey.
2. Fold in frozen blueberries.
3. Refrigerate overnight.





Chicken Salad Lettuce Cups

Serving Size:
1/3 of recipe

Calories:
410

Protein:
52g

Carbs:
10g

Fat:
18g

10 MIN

Ingredients

3 hard boiled eggs
1 avocado
1 lb pre-cooked chicken
1/4 red onion
3 tablespoons Greek yogurt
Romaine lettuce leaves, washed
Hot sauce (optional)

Instructions

1. Chop eggs, avocado, onion, and pre-cooked chicken.
2. Combine ingredients in a bowl with greek yogurt.
3. Season to taste.
4. Fill lettuce cups with salad mixture and drizzle with hot sauce.

Cheddar Apple Brussel Sprout Salad

30 MIN

Serving Size:
1/3 of recipe

Calories:
362

Protein:
35g

Carbs:
38g

Fat:
26g

Ingredients

3/4 lb shredded brussel sprouts
2.5 oz extra sharp cheddar cheese
1/2 apple
3/4 cup shaved shallots
1/2 cup pecans
1/6 cup maple or agave syrup
1/2 pinch cayenne pepper
1 pinch salt

Dressing

1.5 tablespoons Dijon mustard
2 cloves garlic
1/2 teaspoon honey
2 tablespoons white wine vinegar
2 tablespoons olive oil
Juice of 1/2 lemon

Instructions

1. Line a plate or small baking sheet with parchment paper and roughly chop the pecans.
2. Heat up maple syrup in a skillet on medium heat. Add the pecans and the cayenne pepper, and cook for 3-4 minutes, stirring occasionally, until all the moisture has cooked out of the maple syrup.
3. Transfer the nuts in an even layer on the parchment paper to let cool and harden.
4. Chop the stems off your brussels sprouts and shave them using a food processor or mandoline slicer.
5. Cut the cheese into thin cubes.
6. Add the brussels sprouts to a large bowl along with the julienned apples, cheddar, shallots, and candied pecans.
7. Prepare the dressing by whisking together ingredients in a small bowl. Toss the salad in the dressing and finish off with some more grated cheddar on top (optional).





Crispy Rice Salmon Salad

Serving Size:
¼ of recipe

Calories:
680

Protein:
40g

Carbs:
40g

Fat:
40g

30 MIN

Ingredients

2 cups cooked rice
4 tbsp coconut aminos
2 tbsp chili crunch oil
2 large salmon fillets
1 pinch of salt
1 pinch of black pepper
1 pinch of garlic powder
5 chopped, Persian cucumbers
1 handful green onions, chopped
1 avocado, diced
2 tsp olive oil
3 tbsp rice vinegar
1 tbsp honey
1 tbsp ginger paste

Instructions

1. Add rice, 2 tsp of coconut aminos, & chili crunch oil to a sheet pan.
2. Bake rice at 375°F - until brown (about 20 minutes).
3. Add salmon to a sheet pan and season with salt, black pepper, and garlic powder.
4. Bake salmon at 375°F for about 20 minutes, or until fully cooked.
5. Combine Persian cucumbers, green onions, and avocados in a large bowl.
6. In a small bowl, whisk together olive oil, 3 tbsp of coconut aminos, rice vinegar, honey, and ginger paste.
7. Once fully combined, pour the dressing over the salad and toss well.
8. Divide the baked rice into bowls, top with chunks of baked salmon, and add the dressed salad either on top of or alongside.

Chicken Guro Zucchini Wrap

30 MIN

Serving Size:

1

Calories:

452

Protein:

56g

Carbs:

12g

Fat:

20g

Ingredients

1 zucchini
4 oz shredded Parmesan cheese
½ lb pre-cooked chicken
2 tablespoons tzatziki sauce
½ tomato, sliced
½ red onion
1 handful parsley

Instructions

1. Preheat oven to 375°F.
2. Slice or peel thin slices of zucchini and dry them with a paper towel.
3. Layer parmesan cheese on a parchment lined pan.
4. Layer zucchini slices on top of cheese and sprinkle with seasoning.
5. Bake for about 10-15 minutes or until golden brown.
6. Top with tzatziki, chopped chicken, tomatoes, sliced onions, and chopped parsley.
7. Roll together into a wrap and slice in half.





Veggie Hummus Wrap

20 MIN

Serving Size:
1 wrap

Calories:
403

Protein:
16g

Carbs:
51g

Fat:
15g

Ingredients

1 carb balance or whole wheat tortilla
50 grams reduced fat hummus
30 grams light cream cheese
¼ red pepper
¼ cucumber
20 grams carrot
½ tomato
1 cup spinach
20 grams edamame

Instructions

1. Spread the hummus and cream cheese over the wrap.
2. Chop the carrot, cucumber, pepper, and tomato and place them inside the wrap.
3. Add the edamame beans and spinach inside before wrapping up to serve.

Cucumber Avocado Salad with Chicken

15 MIN

Serving Size:
½ of recipe

Calories:
408

Protein:
36g

Carbs:
12g

Fat:
24g

Ingredients

1 cucumber
10 oz pre-cooked chicken
1 avocado
2 tablespoons chopped cilantro
1 clove garlic, minced
¾ teaspoon cumin
¼ teaspoon red chili flakes
2 tablespoons olive oil
1 teaspoon apple cider vinegar
1 squeeze lime
1 pinch salt
1 pinch black pepper

Instructions

1. Chop cucumber, pre-cooked chicken, avocado, garlic and cilantro.
2. In a large bowl, combine cucumber, chicken, avocado, cilantro, and garlic.
3. Season with cumin, red chili flakes, salt, and pepper.
4. Drizzle with olive oil, apple cider vinegar, and lime juice.
5. Toss gently until well mixed.





Pesto Salmon & Quinoa

20 MIN

Serving Size:
½ of recipe

Calories:
500

Protein:
30g

Carbs:
41g

Fat:
24g

Ingredients

200 grams boneless salmon
100 grams quinoa (uncooked)
200 grams green beans
1 vegetable stock cube
1 tbsp green pesto
2 tsp lemon juice
1 tsp salt
1 tsp pepper

Instructions

1. Preheat the oven to a 375°F and boil a kettle of water.
2. Place the salmon fillet in some foil, top with pesto, lemon juice, salt, and pepper, and set aside.
3. Place the quinoa in stock cube in a saucepan on a medium heat and cover with boiling water. Cook for as long as is instructed on the packet, stirring occasionally to ensure it doesn't stick to the bottom of the pan.
4. Boil another kettle of water and cook the green beans in a separate saucepan.
5. When the green beans are on and the quinoa only has about ten minutes left, place the salmon into the oven and bake.
6. Remove everything from the heat and serve with pesto on top of salmon.

Sweet Potato Nachos

35 MIN

Serving Size:
½ of recipe

Calories:
448

Protein:
27g

Carbs:
22g

Fat:
28g

Ingredients

1 sweet potato
1 teaspoon olive oil
½ lb ground beef
2 tablespoons yellow onion
¼ cup shredded cheese
2 tablespoons sour cream
¼ avocado
1 pinch salt
Hot sauce (optional)

Instructions

1. Preheat oven to 375°F.
2. Thinly slice sweet potato and place on baking sheet. Drizzle with olive oil and salt.
3. Bake sweet potatoes for 15-20 minutes or until cooked through.
4. Layer cooked sweet potatoes with cooked ground beef, onions, shredded cheese, sour cream, avocado or your other favorite nacho toppings.





Prawn Poke Bowl

20 MIN

Serving Size:
1 bowl

Calories:
416

Protein:
36g

Carbs:
59g

Fat:
4g

Ingredients

150 grams cooked prawns
50 grams basmati rice (uncooked)
1 cup red cabbage
3 radish
½ carrot
¼ cup edamame
1 tbsp light soy sauce
1 tsp honey
1 tsp garlic
1½ tsp salt
1½ tsp pepper
1 spray cooking oil

Instructions

1. Boil a kettle of water.
2. Place the rice in a small saucepan, cover with boiling water, and turn the heat to high.
3. Once the water is bubbling, turn down the heat and leave to simmer.
4. Shred the cabbage finely, and slice the radish.
5. Mince the garlic and place it in a small frying pan with some cooking spray and the cooked prawns.
6. Turn to low to medium heat, add the soy sauce, honey, salt, and pepper, and stir through. Remove after 1 to 2 minutes
7. Drain and rinse the rice once cooked.
8. Place all ingredients in a bowl and serve.

Chicken Cauliflower Rice Casserole

60 MIN

Serving Size:
1/6 of recipe

Calories:
472

Protein:
32g

Carbs:
7g

Fat:
32g

Ingredients

12 oz riced cauliflower
6 oz cream cheese
1/2 cup thinly sliced scallions
1 1/2 teaspoons garlic powder
1 teaspoon onion powder
1 pinch Italian seasoning
1 pinch black pepper
1 pinch salt
1 pinch cayenne pepper
3 cups shredded chicken
1 1/2 cups shredded cheese

Instructions

1. Preheat oven to 400°F.
2. Coat a 7" x 11" baking dish with olive oil.
3. Place riced cauliflower into a microwaveable bowl. Cover tightly and microwave on high until tender, about 3 minutes. Drain, if necessary.
4. Combine softened cream cheese, 1/4 cup of scallions, garlic powder, onion powder, Italian seasoning, salt, pepper, and cayenne into a large bowl. Beat with an electric mixer on medium speed until smooth.
5. Fold in cauliflower, chicken and 1 cup of shredded cheese. Spoon the mixture into the baking dish.
6. Sprinkle additional 0.5 cup shredded cheese on top and cover with foil.
7. Bake until bubbly, about 30 minutes. Uncover and bake for another 10 minutes for top to brown.





Carrot Tortilla Tacos

35 MIN

Serving Size:
½ of recipe

Calories:
465

Protein:
46g

Carbs:
23g

Fat:
21g

Ingredients

4 shredded carrots
2 eggs
1 cup shredded mozzarella cheese
1½ teaspoons garlic salt
8 oz pre-cooked chicken
2 handfuls arugula
2 tablespoons sour cream
Hot sauce (optional, drizzle)

Instructions

1. Preheat oven to 375°F and line a baking sheet with parchment paper.
2. Peel and shred carrots using a box grater or food processor.
3. In a large bowl, combine shredded carrots, eggs, mozzarella, and seasoning. Mix until fully combined.
4. Divide mixture into 4 equal portions, and place each portion onto the baking sheet and form into thin tortilla-shaped circles (about 5–6 inches wide).
5. Bake for 25 minutes, or until edges are golden and tortillas feel set.
6. Remove from oven and let cool slightly to firm up.
7. Fill each tortilla with cooked chicken, arugula, Greek yogurt or sour cream, and hot sauce.

Chicken Crust Caesar Salad Pizza

45 MIN

Serving Size:
¼ of pizza

Calories:
378

Protein:
46g

Carbs:
8g

Fat:
18g

Ingredients

1 lb ground chicken
2 eggs
¼ cup shredded Parmesan cheese
1 teaspoon onion powder
1 teaspoon garlic powder
1 pinch salt
1 pinch black pepper
2 heads romaine lettuce
¼ cup Caesar dressing
1 pinch shredded Parmesan cheese

Instructions

1. Preheat oven to 375°F.
2. In a bowl, combine ground chicken, eggs, parmesan, and seasonings.
3. Spread mixture thinly on a lined baking sheet.
4. Bake for ~30 minutes, or until golden brown and fully cooked.
5. Remove from oven.
6. Top crust with chopped romaine, caesar dressing, and a sprinkle of parmesan.
7. Slice and enjoy.





No-Bake Protein Crispy Bars

Serving Size:
1 piece

Calories:
197

Protein:
7g

Carbs:
22g

Fat:
9g

Ingredients

75 grams rice crispies cereal
25 grams vanilla protein powder
 $\frac{3}{4}$ cup almond butter
 $\frac{1}{2}$ cup honey
1 tsp vanilla extract

Instructions

20 MIN

1. Melt the honey and almond butter together in the microwave for about 30 seconds.
2. Combine with the protein powder and vanilla extract.
3. Fold in the rice crispies until fully coated.
4. Line a baking tray and press the mixture down into the tray.
5. Place in the fridge for an hour or overnight.
6. Slice and serve.

Pomegranate Chocolate Protein Bark

40 MIN

Serving Size:
¼ of recipe

Calories:
238

Protein:
25g

Carbs:
12g

Fat:
10g

Ingredients

4 oz pomegranate seeds
1 cup milk of your choice
4 scoops vanilla protein powder
2 oz dark chocolate
1½ teaspoons coconut oil

Instructions

1. Line a small tray with parchment paper.
2. Evenly spread pomegranate seeds across the parchment.
3. In a bowl, mix milk and protein powder until smooth and thick.
4. Pour the protein mixture over the pomegranate seeds, spreading into an even layer.
5. In a microwave-safe bowl, melt dark chocolate with coconut oil in 20–30 second intervals, stirring until smooth.
6. Drizzle melted chocolate evenly over the protein layer.
7. Sprinkle with a pinch of sea salt, if desired.
8. Freeze for 20–30 minutes, or until fully set.
9. Break into pieces and enjoy straight from the freezer.





Protein Nutter Butters

20 MIN

Serving Size:
1 piece

Calories:
150

Protein:
10g

Carbs:
8g

Fat:
8g

Ingredients

1 cup protein powder (vanilla or chocolate)
1/2 cup almond butter (or peanut butter)
Additional almond butter for filling

Instructions

1. Mix protein powder and almond butter until dough forms.
2. Adjust texture with water if needed.
3. Form small cookies, bake at 350°F for 10–15 mins.
4. Once cooled, spread almond butter between two cookies.

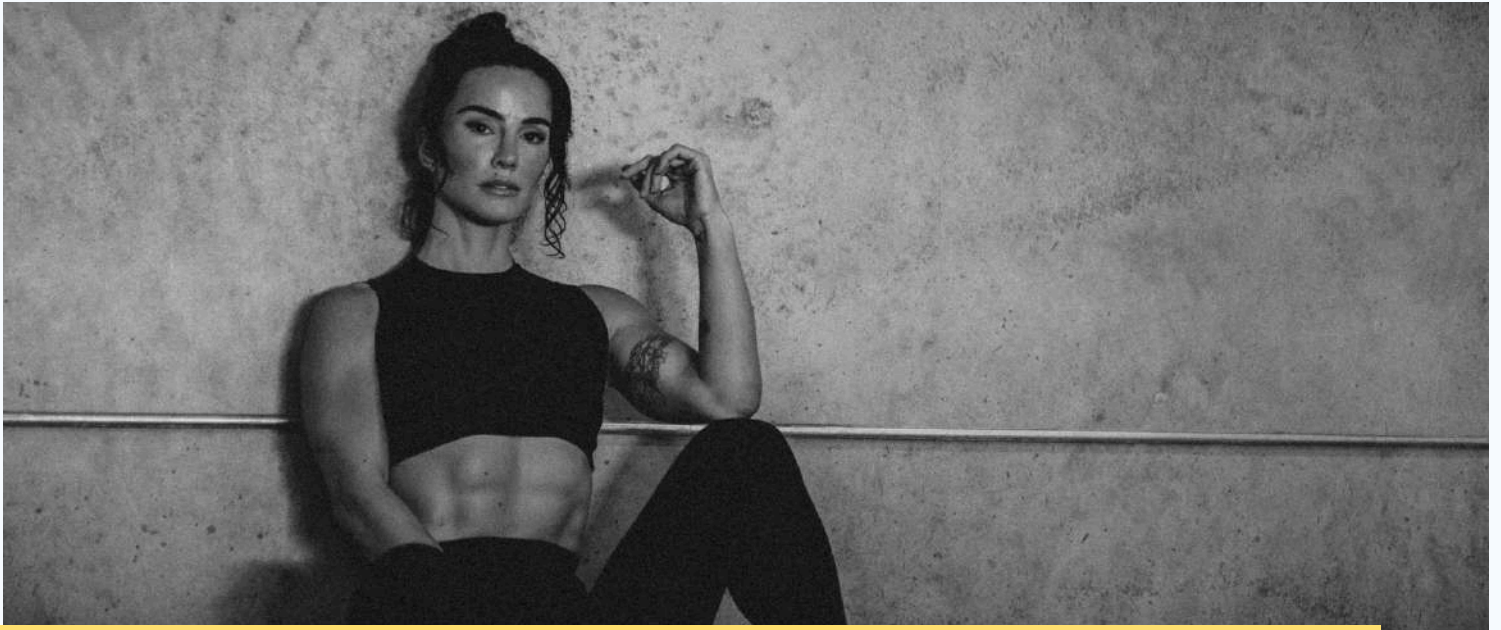
Weekly Meal Plan

| DAY | BREAKFAST | LUNCH | DINNER | SNACK |
|--|----------------------------------|-------------------------------------|--|------------------------------------|
| MONDAY Daily Calories: 1,582 | Blueberry Protein Overnight Oats | Chicken Gyro Zucchini Wrap | Chicken and Cauliflower Rice Casserole | Pomegranate Chocolate Protein Bark |
| TUESDAY Daily Calories: 1,492 | Blueberry Protein Overnight Oats | Veggie Hummus Wrap | Chicken and Cauliflower Rice Casserole | No-Bake Protein Crispy Bars |
| WEDNESDAY Daily Calories: 1,258 | Egg Bites | Chicken Salad Lettuce Cups | Pesto Salmon + Quinoa | Protein Nutter Butters |
| THURSDAY Daily Calories: 1,294 | Egg Bites | Chicken Salad Lettuce Cups | Sweet Potato Nachos | Pomegranate Chocolate Protein Bark |
| FRIDAY Daily Calories: 1,366 | Chocolate PB Protein Smoothie | Cheddar Apple Brussel Sprout Salad | Chicken Crust Caesar Salad Pizza | No-Bake Protein Crispy Bars |
| SATURDAY Daily Calories: 1,404 | Yogurt Bowl | Cucumber Avocado Salad with Chicken | Prawn Poke Bowl | Protein Nutter Butters |
| SUNDAY Daily Calories: 1,658 | Banana Protein Pancakes | Crispy Rice Salmon Salad | Carrot Tortilla Tacos | Pomegranate Chocolate Protein Bark |

Build Your Own Meal Plan

Print and use this template to plan your meals by the week.

| DAY | BREAKFAST | LUNCH | DINNER | SNACK |
|-----------|-----------|-------|--------|-------|
| MONDAY | | | | |
| TUESDAY | | | | |
| WEDNESDAY | | | | |
| THURSDAY | | | | |
| FRIDAY | | | | |
| SATURDAY | | | | |
| SUNDAY | | | | |



What's Next?

You've committed to showing up for yourself and that matters. Strength is not built in a single workout or a single week, but through the small, consistent choices you make over time. Trust the process, stay patient with your body, and remember that every rep, every meal, and every moment of effort is adding up, even when progress feels slow.

As you move forward, know that this journey doesn't end here. Continue training, learning, and growing with the **WeRise app**, where you'll find structured programs, hundreds more recipes, and a community built to help you rise stronger every day. You can download the WeRise app directly from the App Store to keep your progress going and stay connected to your next level of strength.

XoXo,
Senada Greca