



LIVE LADY LEADER LIFESTYLE
FACEBOOK
WORKOUTS



These are the workouts that are done every Wednesday on the Private Lady Leader Facebook Page intended to help you learn new styles of training so that you can exercise anytime, anywhere and with minimal to no equipment.

Weeks	Workouts
<p style="text-align: center;">1</p> <p>“Pyramid”</p>	<p>Start at the bottom of the pyramid and work your way up and back down for the first set (do as many sets as you can to feel like you got a good workout in 😊)</p> <p>Warm up: 100 Jumping Jacks 50 second Plank Holds 25 Bodyweight Squats 10 Burpees x2-3 Sets</p> <p>Workout: 50 Sec Wall Sits 40 Mountain Climbers 30 Bodyweight squats 20 Crunches 10 Burpees</p>
<p style="text-align: center;">2</p> <p>“Burst Training”</p>	<p>Start with the first exercise and do as many reps as you can for 1 minute. Once you complete the first exercise rest for 20-60 seconds and then go onto the next exercise. Once you completed all of the exercises you can repeat the circuit at your discretion.</p> <p>*The point of burst training is to go as hard as you can for maximum blood flow, circulation, fat burn and increase in metabolism. This is great for those who do not have a lot of time! 😊</p> <p>Warm up: Do all of the exercises for 20-25 reps each before starting the workout.</p> <p>Workout: Bodyweight Squats for 1 minute (rest 20-60 seconds) Jumping Jacks for 1 minute (rest 20-60 seconds) Plank with Shoulder Tap for 1 minute (rest 20-60 seconds) Defensive Slide Side to Side for 1 minute (rest 20-60 seconds) Quick Feet off a step for 1 minute (rest 20-60 seconds) Rest and Repeat at your discretion</p>



<p>3 "Tabata Workout"</p>	<p>Tabata workouts are FUN! They consist of 4 minutes of high-intensity training, alternating between 20 seconds of max training followed by 10 seconds of rest for a total of eight rounds. These workouts are fast paced, fun and burn up a ton of calories (You can do multiple tabata circuits in one workout).</p> <p>*To make it easier download a Free Tabata App that will record the time for you</p> <p>Warm Up: 30 Seconds Jog (in Place) 30 Seconds Side to Side Hop 30 Seconds Jumping Jacks (or start Jacks) 30 Seconds Jump Rope (Imaginary if you don't have one) 30 Second Butt Kicks 30 Seconds Skater Leaps (side to side)</p> <p>Workout: 4x through without Rest besides the 10 seconds then rest 1-2 minutes. 20 seconds Jump Squats (can modify to squats) 10 second Rest 20 seconds Walking Planks (can modify to dropping to your knees) 10 seconds Rest 20 seconds Pushups 10 seconds Rest 20 seconds Mt Climbers 10 seconds Rest</p> <p>4x through without Rest besides the 10 seconds then rest 1-2 minutes.</p> <p>20 seconds Jump Lunges (can modify to Alternating Reverse Lunges) 10 second Rest 20 seconds Side to Side Planks(sometimes called "Plank Wipers") 10 seconds Rest 20 seconds Burpees 10 seconds Rest 20 seconds StarJacks (can modify to Jumping Jacks) 10 seconds Rest</p>



4 Count Down Pyramid	<p>This is a style of training that you can do with any exercises you like. This is a fun way to change up your training and to blast some calories.</p> <p>Start with 1 rep for all the exercises. Then, you will go up by one rep until you reach 10 reps with all exercises. Once you have reached 10 reps for all exercises take a 60-90 second break if you need it. Return to the workout starting with 10 reps and working your way down to zero. I will look like this 1,2,3,4,5,6,7,8,9,10, (Rest) then 10,9,8,7,6,5,4,3,2,1</p> <p>Glute Burn Workout *(Reps 1,2,3,4,5,6,7,8,9,10, (Rest) then 10,9,8,7,6,5,4,3,2,1)</p> <p>Bulgarian Split Lunge (can do off a chair or a couch) Hip Thrust Glute Bridge Side Lying Hip Raise Frog Pumps</p>
5	TBA
6	TBA
7	TBA

