



BEGINNER AND INTERMEDIATE WORKOUTS

(Updated for Weeks 4-7)



Workouts (All you Need is a set of Dumbbells)

Level: Beginner

Cardio:

Suggested Cardio would be to go for a walk or some form of low impact cardiovascular activity for 20 minutes twice a week

If you have been doing cardio do what you can comfortable be consistent at for now. Our goal going into this program is building momentum so set goals that you can stick to (ex. If you have been doing 30 minutes 3 days a week let's start there along with the workouts below)

Option: Days that you workout can change. The goal is to set a number of days that you want to work out each week and meet those number of days each week. Also you can exchange exercises! Use this as a guide to work from but make it fun and work for you if you like.

*If you see I put a range for how many sets that you can do. Do what feels good for your body. If you are challenged by two sets then do 2 sets. If you need to bump it up to 3-4 sets do that. This is your workout. Make it your own!

*If you are unsure what any of these exercises are you can search them via youtube or on my Exercise Tutorial Library on Youtube <https://www.youtube.com/channel/UCNF4by4f5nNz7ZJ-9dxa0iA>

VIEW WORKOUT BELOW 😊



*BW=Bodyweight, *R=Reverse, DB=Dumbbells

Monday	Tuesday	Wednesday
<u>Lower Body</u> 100 Jumping Jacks 50 Bodyweight Squats 25 Glute Bridges 10 Burpees 2-3 sets (Rest and Repeat) BW Squats x25 BW Single Front Lunge x20 each 2-3 sets (Rest and Repeat) Hip Thrusts x20 (use couch or chair) Wall Sits x45seconds 2-3 sets (Rest and Repeat) Standing Calf Raises x25 Jumping Jacks x 25 2-3 sets (Rest and Repeat) *Walking 20 minutes	<u>Upper Body</u> 10-15 Pushups (any variation) 10 Burpees Up and Down Planks x10 2-3 Sets (Rest and Repeat) DB Floor Press x20 Chair Dips x15 Push Ups x 10 2-3 sets (Rest and Repeat) DB Shoulder Press x20 DB Curls x 20 2-3 sets (Rest and Repeat) Push Up with a Row x 10 reps Plank Holds x 30 seconds 2-3 sets (Rest and Repeat) *Walking 20 minutes *Walking 20 minutes	<u>OFF</u>

Thursday	Friday	Saturday	Sunday
<u>Total Body</u> High Knees 20 Reps Jumping Jacks 20 Reps Up and Down Planks x10 Burpee x10 2-3 sets (Rest and Repeat) Push ups with Hold x10 (hold 1-3 seconds near floor) BW Sumo Style Squats x20 2-3 sets (Rest and Repeat) Butt Kicks x 1 minute Wall Sits x45seconds Explosive Wall Pushups x20 2-3 sets (Rest and Repeat) *Walking 20 minutes	<u>Core</u> V ups x10-15 Lateral Crunch x10-15 each Crunch x15-20 Side Crunch x10-15 each 3-4 sets (Rest and Repeat) Single Leg V ups x15 each Mountain Climbers x15each 3-4 sets (Rest and Repeat) *Walking 20 minutes	<u>Optional</u> Pick one of the Facebook Live workouts to do (this PDF is found in the first lesson under "Resources")	<u>OFF</u>



*As you start to feel stronger, have more endurance and with good form you can move onto the next fitness Level.

Workouts



Level: Intermediate

Cardio:

Suggested Cardio would be if you are not doing any cardio and you want to lose weight to start with 20 minutes 3x a week after you lift weights, in the morning before you eat or at any other time during the day.

I don't suggest doing it before lifting so that you can utilize as much energy as you can work out to burn more calories.

If you have been doing cardio stick with what you have been doing and what you can be consistent at. The goal is to be able to do the least amount of cardio while still being able to reach your goals. Make this program work for you.

Option: Days that you workout can change. The goal is to set a number of days that you want to work out each week and meet those number of days each week. Also you can exchange exercises! Use this as a guide to work from but make it fun and work for you if you like.

*If you feel like you are unable to do 3 sets then do 2 sets or start with the beginner program and work towards the intermediate program. If you feel like you can do more considering where your current activity level is then feel free to bump it up to 3-5 sets. This is your workout. Make it your own! Same goes for your rep range. Do what you can and have fun with it! 😊

*If you are unsure what any of these exercises are you can search them via youtube or on my Exercise Tutorial Library on Youtube <https://www.youtube.com/channel/UCNF4by4f5nNz7ZJ-9dxa0iA>

VIEW WORKOUT BELOW 😊

Monday	Tuesday	Wednesday
<u>Lower Body</u>	<u>Upper Body</u>	<u>OFF</u>



<p>Band Jumping Jacks x100 (Bands on ankles if you have one) Burpee x 1 minute V Ups x15-20 X 2 (Rest and Repeat)</p> <p>Floor Donkey Kicks x 15 each Side Lying Hip Raise x10-15 each Goblet Squat (Db Sumo Stance Squat) x20) Db Jump Squat x15-20 3 sets (Rest and Repeat)</p> <p>DB Bulgarian Lunge each DB Step Ups x 10-15 each Single Leg Glute Bridges x10-15each Wall Sits x40-60seconds 3 sets (Rest and Repeat)</p> <p>Standing Calf Raises x25-50 Jump Rope x 60 seconds 3 sets (Rest and Repeat)</p> <p>*Walking 20 minutes</p>	<p>Up down Plank x 1 minute Push Ups x1 minute (any variation) X2 (Rest and Repeat)</p> <p>DB Floor Press x20 Push Ups x As many reps as you can Standing DB Shoulder Press x20 DB Shoulder Raises x 20 3 sets (Rest and Repeat)</p> <p>Lat Pull Downs x 15 DB Triceps Kick Backs x15 DB Curls x15 3 sets (Rest and Repeat)</p> <p>Assisted Pull Up (can use bands if needed) x 8-10 reps DB Rows x10-15 DB Triceps Extensions x15 3 sets (Rest and Repeat)</p> <p>*Walking 20 minutes</p>	
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Thursday	Friday	Saturday	Sunday
<p><u>Total Body</u> 100 Jumping Jacks 50 Bodyweight Squats 25 Glute Bridges 10 Burpees 2-3 sets (Rest and Repeat)</p> <p>Push ups x10-15 Burpees x10-15 DB Squats x20 3 sets (Rest and Repeat)</p> <p>Butt Kicks x 1 minute High Knees x 1 minute Wall Sits x 40seconds Planks x 40 seconds 3 sets (Rest and Repeat)</p> <p>*Walking 20 minutes</p>	<p><u>Core</u> Plank Jacks x 1 minute Plank Knee to Elbow x 1 minute X2 (Rest and Repeat)</p> <p>V ups x10-15 Lateral Crunch x10-15 each</p> <p>Crunch x15-20 Side Crunch x10-15 each 3-4 sets (Rest and Repeat)</p> <p>Single Leg V ups x15 each Mountain Climbers x15each 3-4 sets (Rest and Repeat)</p> <p>*Walking 20 minutes</p>	<p><u>Optional</u> Pick one of the Facebook Live workouts to do (this PDF is found in the first lesson under "Resources")</p>	<p><u>OFF</u></p>

