



Warm Up:

Start with a 5 min warm up doing some type of cardio: running in place, jumping jacks, etc.

| Routine | Exercise | Suggested Weight | Reps | Sets |
|-----------------|------------------------------|--|-------|------------------|
| Legs | Squats | None to medium | 12-15 | 1 |
| Chest | Push Ups | None | 8-12 | 1 |
| Back | Bent Over Row | Medium | 12-15 | 1 |
| Shoulders | Shoulder Press | Light to Medium | 12-15 | 1 |
| Biceps | Bicep Curl | Light to Medium | 12-15 | 1 |
| Triceps | Tricep Dips | None | 12-15 | 1 |
| Abs | Basic crunches | None | 20 | 1 |
| Rest | 1 min | A great time to jot down the # of reps completed & the weight used | | 1 |
| <i>Optional</i> | Repeat circuit 1-2 more sets | Lower or increase weight as needed by 2.5-5lbs | | Total 1-3 X thru |

Cool Down:

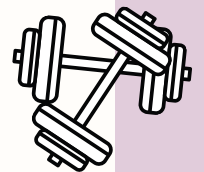
Take 10 mins to finish with a Full Body stretch. Make sure to relax into your stretch and breathe

Suggestion: Do workout 2-3X a week for 4 weeks

NOTE ON WORKOUT: Feel free to modify the workout to fit your fitness level. Always listen to your body. If you find this workout a challenge to start – take time to work up to the number of circuits recommended. As you get stronger, you can modify by adding in additional circuits.

Terms:

- **CIRCUIT:** is one completion of all set exercises in the routine without resting.
- **REP:** (repetition) one complete motion of an exercise.
- **SET:** several reps of a specific exercise in a row
- **REST:** in between sets (usually between 30-60 seconds) and what you do on those days in between your workouts (usually 1 day in between workouts).



On your rest days, do your cardio and/or try a yoga class!