



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:

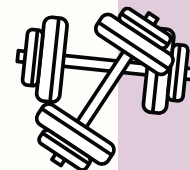
Take 10 mins to finish with a Full Body stretch. Make sure to relax into your stretch and breathe

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!