

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cardio (Bike)</b>	<b>Lower Body</b>	<b>Cardio + Arms</b>	<b>Back + HIIT</b>	<b>Full Body + HIIT</b>	<b>Cardio + Upper Body</b>	<b>Rest</b>
<b>Ab Set</b> 20-30 reps each **Use 25lb plate** <b>Straight Arm Sit Up Raises</b> <b>Russian Twists</b> <b>Side Leans with Plate</b> <b>Hip Dips</b> <b>Plank</b>	<b>Glute Activation</b> <hr/> <b>Back Squat</b> 4 sets of 5 reps  <b>Hip Thrusts</b> 3 sets of 10 reps w/ 10s hold  <b>Leg Curl</b> 3 sets of 15 reps <b>ss. Walking lunge</b> 3 sets of 12 reps  <b>Single Leg Barbell Squat</b> 3 sets of 10 reps <b>ss. Banded Goblet Squat</b>  <b>Banded Hip Abduction</b> 3 sets of 10 reps  <b>Body Weight Squat</b> 10 sets of 10 reps (fast)  <b>Incline Sit ups to Burnout</b> <hr/> <b>Aaptiv Sprints Workout</b>	<b>Standing Tricep Extension</b> 3 sets, 12-15 reps  <b>Lying Tricep Press</b> 3 sets, 12-15 reps  <b>Cable Pull Squat</b> 3 sets, 12-15 reps  <b>Tricep Pushdown</b> 3 sets, 12-15 reps  <b>Reverse Grip Tricep Pushdown</b> 3 sets, 12-15 reps  <b>Push Ups</b> 3 sets, 12-15 reps  <b>Incline Sit ups to Burnout</b> <hr/> <b>Spin Class</b>	<b>Plank Holds</b>  <b>Wide-Grip Lat Pull-down</b> 3 sets of 10 reps  <b>ss. Straight Arm Pull Down</b> 3 sets of 15 reps  <b>Barbell Row</b> 3 sets of 12 reps <b>ss. Incline Dumbell Press</b> 3 sets of 12 reps  <b>Incline Dumbell Curl</b> 3 sets of 8 reps  <b>Seated Row</b> 3 sets of 10 reps  <b>Incline Sit ups to Burnout</b> <hr/> <b>Aaptiv HIIT Workout or Sprints</b>	<b>Plank Holds</b>  <b>Back Squat</b> 4 sets of 5 reps  <b>Sumo Squat</b> 4 sets of 5 reps  <b>Deficit Deadlift</b> 3 sets of 8 reps  <b>Calf Raises</b> 4 sets of 12 reps  <b>Dumbell Step-Up</b> 3 sets of 12 reps  <b>Incline Sit ups to Burnout</b> <hr/> <b>Aaptiv HIIT Workout</b>	<b>Bench Press</b> 4 sets of 5 reps   <b>Low Cable Cross-Over</b> 3 sets of 12 reps   <b>Cable Ab Crunch</b> 4 sets of 10 reps   <b>Cable Chop</b> 3 sets of 12 reps  <b>Standing Military Press</b> 3 sets of 12 reps <b>Incline Sit ups to Burnout</b> <hr/> <b>Cardio Class</b> <b>Spin or Zumba</b>	