

DAY ONE	CHEST & BACK	SETS	REPS	WEIGHT
Chest Press	DB or Machine A	2-3	8-10	
Incline Press	DB or Machine B	2-3	8-10	
Diamond Push Ups	Mat	2-3	8-10	
Switch Grip Pull ups	Machine J	2-3	8-10	
Lawnmower	DB	2-3	8-10	
Reverse Fly	DB or Machine	2-3	8-10	
Knee Pikes	BALL	2-3	8-10	

Perform 45 seconds of cardio (jog in place, jump rope, jumping jacks) between each set. Rest between each exercise.

DAY TWO	SHOULDER & ARMS	SETS	REPS	WEIGHT
Shoulder Push Up	Mat	2-3	8-10	
Overhead Press	DB or Machine M	2-3	8-10	
Open Arm Curls	DB	2-3	8-10	
Curl Up/Hammer Down	DB	2-3	8-10	
Side Tri Rise	Mat	2-3	8-10	
Skull Crusher	DB	2-3	8-10	
Knee Pikes	BALL	2-3	8-10	

Perform 45 seconds of cardio (jog in place, jump rope, jumping jacks) between each set. Rest between each exercise.

WEEK 5— With only 3 weeks to go, and coming off the needed rest in week 4, intensity greatly increases this round. **INCREASE** your weight from last week, which will lower your repetitions, and lengthen your interval times to further your calorie burn. This week you will also switch up muscle group focus and have your choice of working with machines or dumbbells.



Fitness & Wellness Programs

Body for Break

Get TONED—Week 5



DAY THREE	LEGS & CORE	SETS	REPS	WEIGHT
Balance Squat	DB	2-3	8-10	
Speed Skater	Floor	2-3	8-10	
Walking Lunges	DB	2-3	8-10	
Side Lunges	DB	2-3	8-10	
Ab Crunch	Ball or BOSU	2-3	8-10	
Oblique Crunch	Ball or BOSU	2-3	8-10	
Knee Pikes	Ball	2-3	8-10	

Perform 45 seconds of cardio (jog in place, jump rope, jumping jacks) between each set. Rest between each exercise.

DAY FOUR & FIVE	CARDIO INTERVALS
<p>40-50 minutes of cardio exercise, any way you choose!</p> <p>This week, push your cardio threshold by working with intervals. Warm-up for 5 minutes, perform 4 minutes at a 6—7 followed by 2 minutes at a 7—8, repeat the cycle 5-7 times, end with a 5 minute cool down.</p>	

Substitute either GROUP FITNESS class for any of your workouts this week:

Sport Conditioning w/ Sam

Turbo X w/ Lizzy

DAY ONE EXERCISES

Chest Press



Incline Press



Diamond Push Ups



Switch Grip Pull ups

alternate between over-hand and underhand grip as you perform pull ups

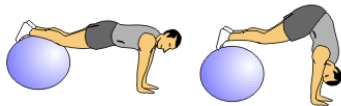
Lawnmower



Reverse Fly



Knee Pikes

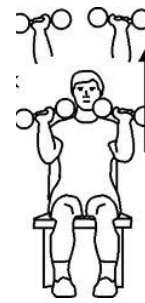


DAY TWO EXERCISES

Shoulder Push Up



Overhead Press



Open Arm Curls



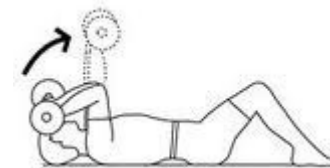
Curl Up/Hammer Down

Variation of a Bicep Curl—curl up with palms facing the ceiling, rotate so palms are facing each other, return to start in this neutral grip position

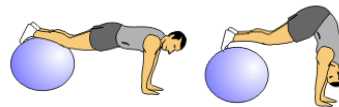
Side Tri Rise



Skull Crusher



Knee Pikes

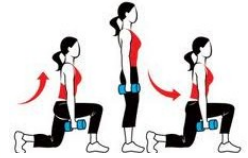


DAY THREE EXERCISES

Balance Squat



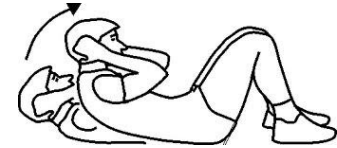
Speed Skater



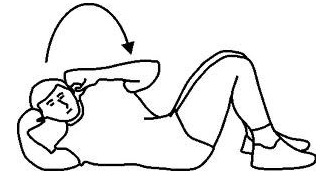
Walking Lunges



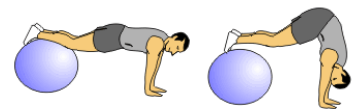
Side Lunges



Ab Crunch



Oblique Crunch



Knee Pikes

Perform 45 seconds of cardio (jog in place, jump rope, jumping jacks) between each set. Rest between each exercise.