

Weekly Schedule

Monday:

Youtube Topic:

Weights: Bis & Tris

Cardio: **HIIT A** - 5 rounds

15 min incline walk 3.0 speed

Dinner: Tacos/ Nachos

Tuesday:

Youtube Topic:

Weights: Legs & Chest

Cardio: **HIIT B** - 5 rounds

15 min step mill

Dinner: Sonny's (kids eat free)

Wednesday:

Youtube Topic:

Cardio LISS only

Run/ Row/ Step mill 60 minutes

Dinner: Burgers

Thursday:

Youtube Topic:

Weights: Shoulders

Cardio: **HIIT A** - 5 rounds

15 min incline walk 3.0 speed

Dinner: Bacon & Eggs

HIIT A: to tabata music

15 or 20 lb weights

Squats or Jump Squats

Box Jumps

Step Ups

Lunges

Back Extension

Side Lunge/Lift

Friday:

Youtube Topic:

Weights: Legs & Back

Cardio: **HIIT B** - 5 rounds

15 min step mill

Dinner: Sonny's

Saturday:

Work on Book Only

Weights: Deadlift/ Glute Press

Cardio: **HIIT A** - 5 rounds

15 min incline walk 3.0 speed

Dinner: Shrimp and Spaghetti

Sunday:

Work on Book Only

REST or Run/ Row/ Step mill 60 minutes

Dinner: Bacon & Eggs

HIIT B: to tabata music

20 lb ball, jump rope, ab mat,
pull-up assist bands

Pull Ups

Push Ups

Sit Ups

Ball Slams

KettleBell Swings

Thrusters

JumpRope