

BACK TO BUSINESS

WORKOUT GUIDE

ADORABLY FIT

WEEK 1 WEEK 2 WEEK 3 WEEK 4

WORKOUT DURATION: 60 MIN FOR 5 DAYS/WEEK

PROGRAM DURATION: 4 WEEKS

RESISTANCE LEVEL: MODERATE

Use either your body weight or dumbbells heavy enough for 10 reps. On Fridays, go a little heavier.

MONDAY

LONG RUN & LEG DAY

Stretch: Legs, arms, and back

Cardio: Treadmill

Walk Warm-Up (2 min)

Run 5K* at a 10 min/mile pace (6.0 speed)

Walk Cool Down (3 min)

Lower Body Circuit

10 Kettlebell Sumo Squats

20 Box Toe Taps

20 Split Squats, 10 each leg

10 Normal Stance Squats

20 Side Lunges, 10 each leg

10 Narrow Stance Squats

10 Lying Leg Raises

10 V Crunches

Stretch: Legs, arms, and back

TUESDAY

FAST RUN & FULL BODY DAY

Stretch: Legs, arms, and back

Cardio: Treadmill

Walk Warm-Up (2 min)

Run 2 miles at a 9:15 min/mile pace (6.5 speed)

Walk Cool Down (3 min)

Full Body Circuit

10 Kettlebell Sumo Squats

30 Box Toe Taps

20 Side Lunges, 10 each leg

30 Box Toe Taps

10 Dumbbell Normal Stance Squats

30 Box Toe Taps

10 Dumbbell Narrow Stance Squats

30 Box Toe Taps

20 Split Squats, 10 each leg

30 Box Toe Taps

10 Lying Leg Raises

40 Dumbbell Alternating Bicep Curls

40 Dumbbell Tricep Kickbacks, 20 each arm

20 Cable Rope Tricep Extensions

20 Dumbbell Standing Oblique Dips, 10 each side

10 Medicine Ball V Crunches

Stretch: Legs, arms, and back

WEDNESDAY

JOG & FULL BODY DAY

Stretch: Legs, arms, and back

Cardio: Treadmill

Walk Warm-Up (2 min)

Run 1.75 miles at a 11 min/mile pace (5.5 speed)

Sprint .25 miles at a 8:30min/mile pace (7.0 speed)

Walk Cool Down (3 min)

Lower Body Circuit

10 Kettlebell Sumo Squats

20 Side Lunges, 10 each leg

10 Dumbbell Normal Stance Squats

10 Dumbbell Narrow Stance Squats

Repeat 1x

Full Body Circuit

20 Kettlebell Cross-Body Cleans, 10 each side

10 Lying Leg Raises

20 Bench Single Leg Squat, 10 each leg

20 Push-Ups

20 Dumbbell Alternating Renegade Rows

10 Alternating Plank Extensions

20 Dumbbell Alternating Bicep Curls

10 Cable Rope Tricep Extensions

Stretch: Legs and back

THURSDAY

LONG RUN & AB DAY

Stretch: Legs and back

Cardio: Treadmill

Walk Warm-Up (2 min)

Run 5K* at a 10 min/mile pace (6.0 speed)

Walk Cool Down (3 min)

Ab Circuit

10 Dumbbell Alternating Renegade Rows

10 Knee Tuck Crunches

10 Alternating Crossover Toe-Touch Crunches

10 Pendulum Legs (3 towards middle, 6 alternating sides, 1 down middle)

20 Side Plank Crunches, 10 each side

10 Supermans

10 Lying Leg Raises

Repeat 1x

Leg Circuit

10 Kettlebell Sumo Squats

20 Kettlebell Split Squat, 10 each leg

10 Dumbbell Normal Stance Squats

20 Side Lunges, 10 each leg

10 Dumbbell Narrow Stance Squats

Repeat 1x

Stretch: Legs and back

FRIDAY

LONG RUN & FULL BODY DAY

Stretch: Legs, arms, and back

Cardio: Treadmill

Walk Warm-Up (2 min)

Run 5K* at a 10min/mile pace (6.0 speed)

Walk Cool Down (3 min)

Full Body Circuit

14 Bicep Curls at heavy weight, 7 each arm

14 Tricep Kickbacks at heavy weight, 7 each arm

7 Cable Rope Tricep Extensions, heavy

10 Kettlebell Sumo Squats, heavy

10 Kettlebell Split Squats

10 Dumbbell Normal Stance Squats

20 Dumbbell Side Lunges with Cross-body Toe-Touch, 10 each side

10 Dumbbell Narrow Stance Squats

20 Cross-body Mountain Climbers

30 Bicycle Crunches

20 Penguins

10 Reverse Crunches

5 Bridges to Ab Holds

10 Medicine Ball V Crunches, light

10 Lying Leg Raises

Repeat 1x

Stretch: Legs, arms, and back

*A 5K is 3.11 miles

TIPS:

Work up to the daily run with a run-walk combination. You'll be rebuilding your endurance so the goal is to work up to running nonstop, but starting out I expect for this to be a challenge where walk breaks are necessary. After the run, grab a pair of weights and follow each circuit in a small room. For more tips visit www.adorablyfit.com