

SIMPLY TONE

WORKOUT GUIDE

ADORABLY FIT

WEEK 1 WEEK 2 WEEK 3 WEEK 4 WEEK 5

WORKOUT DURATION: 20 MIN FOR 5 DAYS/WEEK

PROGRAM DURATION: 5 WEEKS

RESISTANCE LEVEL: MODERATE

Use either your body weight or a kettlebell heavy enough for 10 reps.

WEEK 1

BODY WEIGHT

Stretch: Legs, arms, and back

Cardio: Jump rope (1 min)

Strength Circuit

10 Banded Squats

20 Alternating Lunges,
10 each leg

1 min Plank

20 Lying Single Leg Drops,
10 each leg

Repeat 2x

Stretch: Legs, arms, and back

WEEK 2

KETTLEBELL

Stretch: Legs, arms, and back

Cardio: Jump rope (1 min)

Strength Circuit

10 Kettlebell Romanian
Deadlifts

20 Kettlebell Curtsy Lunges,
10 each leg

1 min Cross-body Mountain
Climbers

10 Sit-Ups

Repeat 2x

Stretch: Legs, arms, and back

WEEK 3

KETTLEBELL & SLIDERS

Stretch: Legs, arms, and back

Cardio: Jump rope (1 min)

Strength Circuit

20 Kettlebell Slider Reverse
Lunges, 10 each leg

10 Push-Ups

1 min Elevator Plank

10 Slider Knee Tucks

Repeat 2x

Stretch: Legs, arms, and back

WEEK 4

KETTLEBELL

Stretch: Legs and back

Cardio: Jump rope (1 min)

Strength Circuit

20 Kettlebell Split Squats,
10 each leg

10 Kettlebell Jump Squats

1 min V Hold

20 Crossover Toe Touch
Crunches, 10 each side

Repeat 2x

Stretch: Legs and back

WEEK 5

KETTLEBELL & BANDS

Stretch: Legs, arms, and back

Cardio: Jump rope (1 min)

Strength Circuit

20 Banded Standing Glute
Kickbacks, 10 each leg

20 Banded Standing Hip
Abductions, 10 each leg

20 Kettlebell Side Lunges,
10 each leg

30 sec Side Plank (Left Side)

30 sec Side Plank (Right Side)

10 Supermans

Repeat 2x

Stretch: Legs, arms, and back

TIPS:

Kettlebell exercises can be replaced with a pair of dumbbells instead, just make sure they are of moderate weight. Get a set of elastic loop resistance bands with varying resistance so that you can lower or increase the band weight for your needs. If you have hardwood floors, you can do the slider movements with socks on or with slider disks. For carpet, use slider disks only. For more tips visit www.adorablyfit.com