

# SWIM READY

## WORKOUT GUIDE

ADORABLY FIT

WEEK 1  WEEK 2  WEEK 3  WEEK 4  WEEK 5  WEEK 6

**WORKOUT DURATION:** 40 MIN FOR 5-6 DAYS/WEEK  
**PROGRAM DURATION:** 6 WEEKS  
**RESISTANCE LEVEL:** MODERATE NOT HEAVY

### MONDAY

CARDIO DAY

**Stretch:** Legs, arms, and back

**Cardio:** Treadmill

Walk Warm-Up (2 min)

Run 2 miles (within 18 min)

Walk Cool Down (3 min)

**Circuit: 30 Sec Per Move**

Dumbbell Burpees

Boxer's Jump Rope

Mountain Climbers

Dumbbell High Knees

Dumbbell Quick Feet

15 sec rest

**Repeat 2x**

**Stretch:** Legs, arms, and back

### TUESDAY

AB DAY

**Stretch:** Legs, arms, and back

**Cardio:** Treadmill

Walk Warm-Up (2 min)

Run 2 miles (within 18 min)

Walk Cool Down (3 min)

**Circuit: 30 Sec Per Move**

Dumbbell Sledgehammers

Lying Pendulum Legs

Dumbbell Side Plank Oblique Dips (Right Side)

Dumbbell Side Plank Oblique Dips (Left Side)

Spider Crunches

Dumbbell Supermans

Dumbbell Crossover Toe Touch Crunches (Left Leg)

Dumbbell Crossover Toe Touch Crunches (Right Leg)

15 sec rest

**Repeat 2x**

**Stretch:** Legs, arms, and back

### WEDNESDAY

LEG DAY

**Stretch:** Legs and back

**Cardio:** Treadmill

Walk Warm-Up (2 min)

Run 2 miles (within 18 min)

Walk Cool Down (3 min)

**Circuit: 30 Sec Per Move**

Dumbbell Deep Squats

Dumbbell Pendulum Lunges (Right Leg)

Dumbbell Pendulum Lunges (Left Leg)

Dumbbell Alternating Side Lunges

Dumbbell Jump Squats

Dumbbell Single Leg Squat with Toe-Touch (Right Side)

Dumbbell Single Leg Squat with Toe-Touch (Left Side)

15 sec rest

**Repeat 2x**

**Stretch:** Legs and back

### THURSDAY

AB DAY

**Stretch:** Legs, arms, and back

**Cardio:** Treadmill

Walk Warm-Up (2 min)

Run 2 miles (within 18 min)

Walk Cool Down (3 min)

**Circuit: 30 Sec Per Move**

Plank Side Walk

Scissor Kicks

Dumbbell Standing Side Crunches (Right Side)

Dumbbell Standing Side Crunches (Left Side)

Dumbbell Sit-Ups with Cross-Body Punches

Dumbbell Renegade Rows

Dumbbell Russian Twists

15 sec rest

**Repeat 2x**

**Stretch:** Legs, arms, and back

### FRIDAY

ARM DAY

**Stretch:** Arms and back

**Cardio:** Treadmill

Walk Warm-Up (2 min)

Run 2 miles (within 18 min)

Walk Cool Down (3 min)

**Circuit: 30 Sec Per Move**

Standing Dumbbell Cross-Body Punches

Push-Ups

Dumbbell Romanian Deadlift to Upright Row

Bent Over Dumbbell Row to Reverse Fly

Dumbbell Alternating Lunges with Bicep Curl

Bent Over Dumbbell Double-Arm Tricep Kickbacks

15 sec rest

**Repeat 2x**

**Stretch:** Arms and back

### SATURDAY

AB DAY

**Stretch:** Legs, arms, and back

**Cardio:** Treadmill

Walk Warm-Up (2 min)

Run 2 miles (within 18 min)

Walk Cool Down (3 min)

**Circuit: 30 Sec Per Move**

Elevator Planks

Dumbbell V Crunches

Lying Leg Raises

Dumbbell Half Burpees

Reverse Crunches

Dumbbell Side Plank Toe-Touch (Right Side)

Dumbbell Side Plank Toe-Touch (Left Side)

15 sec rest

**Repeat 2x**

**Stretch:** Legs, arms, and back

**Home Modification:** Make these adjustments if you do not have a treadmill at home. If you live in a warmer climate and can run outside, stick to the routine as is. If you live somewhere cold or don't have a gym membership, you can drop the run and do 2 circuits each day instead. For example, combine Monday & Tuesday circuits as one workout, Workout #1. Wednesday and Thursday combined makes Workout #2, and Friday and Saturday combined is Workout #3. Repeat each workout combination twice a week.

**TIPS:** Set a circuit timer from your fitness watch or app like Seconds. Be sure to use a yoga mat to cushion your hands and back. Whether you choose to use weights or not, keep up the intensity with every move. For more tips visit [www.adorablyfit.com](http://www.adorablyfit.com)