

## WEEK 1 WORKOUTS




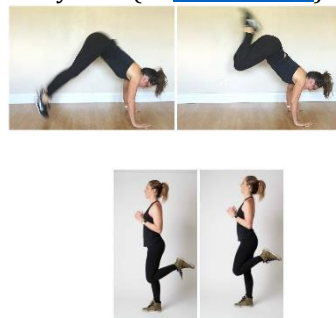
### DAY 1: LOWER BODY STRENGTH & PLYOS –

equipment needed: Dumbbells, stability ball, loop resistance band

Follow the workouts from left to right, top to bottom. Choose the fitness level you'd like to follow for work and rest time.

Use a running clock or download a customizable timer app.

#### CIRCUIT 1





EXERCISE	EXERCISE	LEVEL 1	LEVEL 2	LEVEL 3
<p><a href="#">Glute Kickback with Band</a></p> 	<p><a href="#">Squat to Leg Lift with Band</a></p> 	<p><b>20 sec</b> work 40 sec rest</p>	<p><b>30 sec</b> work <b>30 sec</b> rest</p>	<p><b>40 sec</b> work <b>20 sec</b> rest</p>
<p><a href="#">Band Pulse, Medial Leg Lift</a> (4 each side, alternating sides in the time)</p> 	<p>Donkey Kick (or <a href="#">Butt Kickers</a>)</p> 	<p><b>20 sec</b> work 40 sec rest</p>	<p><b>30 sec</b> work <b>30 sec</b> rest</p>	<p><b>40 sec</b> work <b>20 sec</b> rest</p>

Level 1: Repeat Circuit twice. Rest 2 minutes between circuits.

Level 2: Repeat Circuit 3 times. Rest 1 minute between circuits.

Level 3: Repeat Circuit 4 times. Rest 30 seconds between circuits.

#### CIRCUIT 2

EXERCISE	EXERCISE	LEVEL 1	LEVEL 2	LEVEL 3
<p><a href="#">Stability Ball Twist</a></p> 	<p>Stability Ball Quad Extension</p> 	<p><b>20 sec</b> work 40 sec rest</p>	<p><b>30 sec</b> work <b>30 sec</b> rest</p>	<p><b>40 sec</b> work <b>20 sec</b> rest</p>
<p><a href="#">Stability Ball Hamstring Curl</a></p> 	<p><a href="#">Ball Reverse Lunge</a> (or standard reverse Lunge)</p> 	<p><b>20 sec</b> work 40 sec rest</p>	<p><b>30 sec</b> work <b>30 sec</b> rest</p>	<p><b>40 sec</b> work <b>20 sec</b> rest</p>

Level 1: Repeat Circuit twice. Rest 2 minutes between circuits.

Level 2: Repeat Circuit 3 times. Rest 1 minute between circuits.

Level 3: Repeat Circuit 4 times. Rest 30 seconds between circuits.