

week four workouts



hiit workout – circuits

Warm-up: 5 to 10min. cardio

CIRCUIT 1 – 4 rounds: 30sec. on/30sec. rest

Battle Rope – Little Waves | Battle Rope – Big Waves | Battle rope – Jumping Jacks

CIRCUIT 2 – 4 rounds: 30sec. on/30sec. rest

Kettlebell Pass-through Lunges | Kettlebell Goblet Squats | Kettlebell Shoulder Press

CIRCUIT 3 – 4 rounds: 30sec. on/30sec. rest

Battle Rope – Forward Circles | Battle Rope – Backward Circles | Battle Rope Snakes

CIRCUIT 4 – 4 rounds: 30sec. on/30sec. rest

Exercise Ball Hamstring Curls | Plate Slide Reverse Lunge | Resistance Band Clam Shells

cardio workout

Warm-up: 5 – 10min

One-mile walk/run

Cool-down: 5 – 10min



scan the code to explore all week four resources – including recipes, videos, and more!



upper-body workout

Warm-up: 5 - 10min cardio

SET 1 - 3 sets of 12 reps each
Chest Press | Seated Rows

SET 2 - 3 sets of 12 reps each
Back Extension | Lat Pull-down

SET 3 - 3 sets of 12 reps each
Seated Shoulder Press | Arm Curl | Triceps Extension

SET 4 - 3 sets of 12 reps each
Russian Twist | Leg Raises | Cable Crunch or Ab Crunch

lower-body workout

Warm-up: 5 - 10min cardio

SET 1 - 3 sets of 12 reps each
Leg Press | Seated Leg Curl or Prone Leg Curl

SET 2 - 3 sets of 12 reps each
Walking Weighted Lunges | Hip Thrusters
Glute Kickbacks

SET 3 - 3 sets of 12 reps each
Kettlebell Lateral Lunges | Reverse Lunges

SET 4 - 3 sets of 10 reps each
Air-squat to Jump | Renegade Row
