

Let's lean out, maintain and build **calorie-burning muscle!**



# 28-DAY CONQUERING QUARANTINE CHALLENGE

*with Laura!*

WORKOUTS  
**WEEK 1**

**WEEK 1 : DAY 1****TOTAL BODY MUSCLE MAINTAINER**

Begin with **Glute and Shoulder Warmups**.

You will need to reference this chart for the rest of the days in the week.

<b>WARMUP: GLUTE ACTIVATION</b>	
<b>Exercise</b>	<b>Reps</b>
Banded Squats	20
Banded Glute Bridge	20
Banded Kickback	15-20 per leg
Seated Banded Hip Abduction	20
<b>WARMUP: UPPER BODY MOBILITY (WITH 2.5 POUNDS)</b>	
<b>Exercise</b>	<b>Reps</b>
External Rotation	15-20
90 Degree Rotation	15-20
Lateral Raise	15-20
Rear Fly	15-20

Perform **3 rounds** of the following exercises in a circuit style. You can take rests between exercises if you feel you need them.

Exercise	Sets	Reps
Dumbbell Single-Leg Hip Thrust (Alternative: B-Stance Hip Thrust)	3	15+
Dumbbell Side to Front Raise	3	15+
Goblet Pulse Squat	3	20+
Dumbbell Skull Crushers	3	20+
Dumbbell B-Stance Romanian Deadlift	3	15
Banded Seated Hip Abduction	3	25+
Side Plank	3	40+ Seconds/Side
Rest for 1:30		

The following is a **glute burnout** that can be done with or without a band. The idea is to have continuous movement for 2-3 minutes straight to really burnout the glutes.

FAST FIRE BURNOUT (2-3 min)	
Exercise	Duration
Banded Kickback	30 seconds per leg
Banded Glute Bridge iso Hold	30 seconds
Banded Side Lying Abductor	30 seconds per leg
Banded Cha-cha	30 seconds per leg

# WEEK 1 : DAY 2

## ISOMETRIC BURNERS

Begin with **Glute and Shoulder Warmups**

Aim to hold each exercise for a longer amount of time each time you do this workout.

ISOMETRIC SUPERSETS		
Exercise	Sets	Reps
A1. Lunge Isometric Hold	3	30-60 Seconds/Leg
A2. Push Up Isometric Hold (Can do modified)	3	30-60 Seconds
Rest for 1:00 & Repeat		
B1. Glute Bridge Isometric Hold	3	30-60 Seconds
B2. Face Down on Floor Shoulder "Y"	3	30-60 Seconds
Rest for 1:00 & Repeat		
C1. Front Plank	3	30-60 Seconds
C2. Side Plank	3	30-60 Seconds
Rest for 1:00 & Repeat		

CARDIO BLAST CIRCUIT	
Exercise	Duration
Alternating High knees	30 seconds
Jump Squat with Step Outs	30 seconds
Step-Ups	30 seconds
Mountain Climber	30 seconds
Rest 30 seconds	

**Keep repeating the circuit** until you've reached a minimum of 10-15 min (max 25). Take little rests if you need. Over time, you want to aim to complete more rounds in less time.

*For example,* it may take you 12 minutes to complete 3 rounds because of additional rests, so you'd aim to cut down those rests. As you progress, you can also perform each exercise for up to 60 seconds before moving on to the next one.

## WEEK 1 : DAY 3

### RECOVERY DAY

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# WEEK 1 : DAY 4

## TOTAL BODY MUSCLE MAINTAINER

Begin with **Glute and Shoulder Warmups**

Perform **3 rounds** of the following exercises in a circuit style.  
You can take rests between exercises if you feel you need them.

Exercise	Sets	Reps
Single-Leg Foot Elevated Bridge (Alternative: B-Stance Bridge)	1	20+
Seated Resistance Band Row (Alternative: Laundry Detergent Row)	1	15+
Bulgarian Split Squats	1	25+
Dips	1	10+
Plank Shoulder Taps	1	10+ Per Side
Pistol Squat (sitting down on to a chair or holding on to something for assistance)	1	12+ Per Leg
Lateral Raise	1	15+
Side Lying Hip Raise	1	15+
Rest for 1:30		

The following is a **glute burnout** that can be done with or without a band. The idea is to have continuous movement for 2-3 minutes straight to really burnout the glutes.

FAST FIRE BURNOUT (2-3 MIN)	
Exercise	Duration
Banded Feet Elevated Bridge	30 seconds
Banded Bridge	30 seconds
Banded Kickback	30 seconds per leg

*Roxy & Baxter  
think you're  
killin' it!  
WooHoo!*



# WEEK 1 : DAY 5

## METABOLIC MUSCLE

Begin with **Glute and Shoulder Warmups**

20-15-10 for time (*No rest between exercises or sets*).

**3 rounds per exercise.** No rest between exercises or rounds, just burn through until you get it done. Do your best to complete the rounds unbroken, but if you have to stop and shake it out for 15-20 seconds before cranking more reps, that's fine.

LEGENDARY LEGS CIRCUIT (DUMBBELLS / RESISTANCE BAND)	
Exercise	Reps
A1. DB Reverse Deficit Curtsy Lunge	<b>Round 1:</b> 20 / leg <b>Round 2:</b> 15 / leg <b>Round 3:</b> 10 / leg
A2. DB Sumo Stance Squats (banded)	<b>Round 1:</b> 20 <b>Round 2:</b> 15 <b>Round 3:</b> 10
A3. Feet Elevated Frog Pump (banded)	<b>Round 1:</b> 20 <b>Round 2:</b> 15 <b>Round 3:</b> 10
A4. Supine Abductors	<b>Round 1:</b> 20 <b>Round 2:</b> 15 <b>Round 3:</b> 10



BODY BOOST CIRCUIT		
Exercise	Sets	Reps
A1. Cha-Chas	1	Round 1: 20 Round 2: 15 Round 3: 10
A2. Single Arm Press	1	Round 1: 20 Round 2: 15 Round 3: 10
A3. Rising Flutter Kicks	3	All 3 Rounds: 20+ seconds

NO GYM- NO FLABBY ARMS CIRCUIT (DUMBBELLS ONLY)		
Exercise	Sets	Reps
A1. DB Hammer Curl	1	Round 1: 20 Round 2: 15 Round 3: 10
A2. Close Grip Triceps Push Up	1	Round 1: 20 Round 2: 15 Round 3: 10
A3. Supinated DB Curl	1	Round 1: 20 Round 2: 15 Round 3: 10
A4. Lying Triceps Extension on the Floor	1	Round 1: 20 Round 2: 15 Round 3: 10

# WEEK 1 : DAY 6

## FULL BODY SCORCHER

5 Rounds

TIME CRUNCH LEAN OUT	
Exercise	Reps
Push-ups	5
Dumbbell Thrusters	10
Kettlebell -or- Dumbbell Swings	15

Repeat circuit 3 times

BACK & BOOTY BURNER	
Exercise	Reps
Resistance Band Face Pulls -or- Y-Raise	20
Band Pull Through w Dumbbell -or- Backpack Good Morning	20
Seated Banded Row- or- Backpack Bent Over Row	20
Banded Kneeling Upright Hip Thrusts -or- Backpack Upright Hip Thrust	20

Repeat **1-2 times** rest for 15 seconds between exercises.

FULL BODY SCORCHER CIRCUIT	
Exercise	Duration
High Knees	45 seconds
Front Kicks Into Half Lunge	45 seconds / side
Ice Skaters (no jump)	45 seconds
Rotating Side Plank	45 seconds
Butt Kickers	45 seconds
Standing Ab Bike	45 seconds / side
Jogging on the Spot	45 seconds
Jumping Jacks	45 seconds
Bicycle Crunches	45 seconds

## WEEK 1 : DAY 7

### RECOVERY DAY

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*You made it! Week 1 complete!*

Let's lean out, maintain and build **calorie-burning muscle!**



# 28-DAY CONQUERING QUARANTINE CHALLENGE

*with Laura!*

WORKOUTS  
**WEEK 2**

**WEEK 2 : DAY 1****TOTAL BODY MUSCLE MAINTAINER**

Begin with **Glute and Shoulder Warmups**

You will need to reference this chart for the rest of the days in the week.

<b>WARMUP: GLUTE ACTIVATION</b>	
<b>Exercise</b>	<b>Reps</b>
Banded Squats	20
Banded Glute Bridge	20
Banded Kickback	15-20 per leg
Seated Banded Hip Abduction	20
<b>WARMUP: UPPER BODY MOBILITY (WITH 2.5 POUNDS)</b>	
<b>Exercise</b>	<b>Reps</b>
External Rotation	15-20
90 Degree Rotation	15-20
Lateral Raise	15-20
Rear Fly	15-20

Perform **3 rounds** of the following exercises in a circuit style. You can take rests between exercises if you feel you need them.

Exercise	Sets	Reps
Dumbbell Single-Leg Hip Thrust (Alternative: B-Stance Hip Thrust)	3	15+
Dumbbell Side to Front Raise	3	15+
Goblet Pulse Squat	3	20+
Dumbbell Skull Crushers	3	20+
Dumbbell B-Stance Romanian Deadlift	3	15
Banded Seated Hip Abduction	3	25+
Side Plank	3	40+ Seconds/Side
Rest for 1:30		

The following is a **glute burnout** that can be done with or without a band. The idea is to have continuous movement for 2-3 minutes straight to really burnout the glutes.

FAST FIRE BURNOUT (2-3 min)	
Exercise	Duration
Standing Banded Kickback	30 seconds per leg
Banded Glute Bridge	30 seconds
Banded In and Out Squat	30 seconds per leg
Seated Hip Abduction	30 seconds per leg

# WEEK 2 : DAY 2

## ISOMETRIC BURNERS

Begin with **Glute and Shoulder Warmups**

Aim to hold each exercise for a longer amount of time each time you do this workout.

ISOMETRIC SUPERSETS		
Exercise	Sets	Reps
A1. Bulgarian Split Squat Isometric Hold	3	30-60 Seconds/Leg
A2. Push Up Isometric Hold (Can do modified)	3	30-60 Seconds
Rest for 1:00 & Repeat		
B1. B-Stance Glute Bridge Isometric Hold	3	30-60 Seconds
B2. Lateral Raise Hold at Top Position	3	30-60 Seconds
Rest for 1:00 & Repeat		
C1. Hollow Body Hold	3	30-60 Seconds
C2. Rotating Side Plank	3	30-60 Seconds
Rest for 1:00 & Repeat		

CARDIO BLAST CIRCUIT	
Exercise	Duration
Prisoner Jump Squat	30 seconds
Jog on the Spot	30 seconds
Front Kicks Into Half Lunge	30 seconds
Alternating Standing Crunch	30 seconds
Rest 30 seconds	

**Keep repeating the circuit** until you've reached a minimum of 10-15 min (max 25). Take little rests if you need. Over time, you want to aim to complete more rounds in less time.

*For example,* it may take you 12 minutes to complete 3 rounds because of additional rests, so you'd aim to cut down those rests. As you progress, you can also perform each exercise for up to 60 seconds before moving on to the next one.

## WEEK 2 : DAY 3

### RECOVERY DAY

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# WEEK 1 : DAY 4

## TOTAL BODY MUSCLE MAINTAINER

Begin with **Glute and Shoulder Warmups**

Perform **3 rounds** of the following exercises in a circuit style.  
You can take rests between exercises if you feel you need them.

Exercise	Sets	Reps
Single-Leg Foot Elevated Bridge (Alternative: B-Stance Bridge)	1	20+
Seated Resistance Band Row (Alternative: Laundry Detergent Row)	1	15+
Bulgarian Split Squats	1	25+
Dips	1	10+
Plank Shoulder Taps	1	10+ Per Side
Pistol Squat (sitting down on to a chair or holding on to something for assistance)	1	12+ Per Leg
Lateral Raise	1	15+
Side Lying Hip Raise	1	15+
Rest for 1:30		

The following is a **glute burnout** that can be done with or without a band. The idea is to have continuous movement for 2-3 minutes straight to really burnout the glutes.

FAST FIRE BURNOUT (2-3 MIN)	
Exercise	Duration
Banded Frog Pumps	30 seconds
Banded Fire Hydrants	30 seconds
Banded Kickbacks	30 seconds per leg



*Feel  
the  
burn!*

# WEEK 2 : DAY 5

## METABOLIC MUSCLE

Begin with **Glute and Shoulder Warmups**

20-15-10 for time (*No rest between exercises or sets*).

**3 rounds per exercise.** No rest between exercises or rounds, just burn through until you get it done. Do your best to complete the rounds unbroken, but if you have to stop and shake it out for 15-20 seconds before cranking more reps, that's fine.

LEGENDARY LEGS CIRCUIT (DUMBBELLS / RESISTANCE BAND)	
Exercise	Reps
A1. DB Reverse Deficit Curtsy Lunge	<b>Round 1:</b> 20 / leg <b>Round 2:</b> 15 / leg <b>Round 3:</b> 10 / leg
A2. DB Sumo Stance Squats (banded)	<b>Round 1:</b> 20 <b>Round 2:</b> 15 <b>Round 3:</b> 10
A3. Feet Elevated Frog Pump (banded)	<b>Round 1:</b> 20 <b>Round 2:</b> 15 <b>Round 3:</b> 10
A4. Supine Abductors	<b>Round 1:</b> 20 <b>Round 2:</b> 15 <b>Round 3:</b> 10

BODY BOOST CIRCUIT		
Exercise	Sets	Reps
A1. Cha-Chas	1	Round 1: 20 Round 2: 15 Round 3: 10
A2. Single Arm Press	1	Round 1: 20 Round 2: 15 Round 3: 10
A3. Rising Flutter Kicks	3	All 3 Rounds: 20+ seconds

NO GYM- NO FLABBY ARMS CIRCUIT (DUMBBELLS ONLY)		
Exercise	Sets	Reps
A1. DB Hammer Curl	1	Round 1: 20 Round 2: 15 Round 3: 10
A2. Close Grip Triceps Push Up	1	Round 1: 20 Round 2: 15 Round 3: 10
A3. Supinated DB Curl	1	Round 1: 20 Round 2: 15 Round 3: 10
A4. Lying Triceps Extension on the Floor	1	Round 1: 20 Round 2: 15 Round 3: 10

# WEEK 2 : DAY 6

## FULL BODY SCORCHER

5 Rounds

TIME CRUNCH LEAN OUT	
Exercise	Reps
Push-ups	5
Dumbbell Thrusters	10
Kettlebell -or- Dumbbell Swings	15

Repeat circuit 3 times

BACK & BOOTY BURNER	
Exercise	Reps
Resistance Band Face Pulls -or- Y-Raise	20
Band Pull Through w Dumbbell -or- Backpack Good Morning	20
Seated Banded Row- or- Backpack Bent Over Row	20
Banded Kneeling Upright Hip Thrusts -or- Backpack Upright Hip Thrust	20

Repeat 1-2 times rest for 15 seconds between exercises.

FULL BODY SCORCHER CIRCUIT	
Exercise	Duration
Toe Taps	45 seconds
Alternating Oblique Crunch	45 seconds / side
Quick Feet to Half Burpee	45 seconds
Plank Kick Through	45 seconds
Twist Jump	45 seconds
Lateral High Knees	45 seconds / side
Stationary Sprinters	45 seconds
Plank Jacks	45 seconds
Rising Flutter Kicks	45 seconds

## WEEK 2 : DAY 7

### RECOVERY DAY

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*Another one done! Week 2 complete!*

Let's lean out, maintain and build **calorie-burning muscle!**



# 28-DAY CONQUERING QUARANTINE CHALLENGE

*with Laura!*

WORKOUTS  
**WEEK 3**

# WEEK 3 : DAY 1

## TOTAL BODY MUSCLE MAINTAINER

Begin with **Glute and Shoulder Warmups**

You will need to reference this chart for the rest of the days in the week.

WARMUP: GLUTE ACTIVATION	
Exercise	Reps
Banded Squats	20
Banded Glute Bridge	20
Banded Kickback	15-20 per leg
Seated Banded Hip Abduction	20
WARMUP: UPPER BODY MOBILITY (WITH 2.5 POUNDS)	
Exercise	Reps
External Rotation	15-20
90 Degree Rotation	15-20
Lateral Raise	15-20
Rear Fly	15-20



Perform **3 rounds** of the following exercises in a circuit style. You can take rests between exercises if you feel you need them.

Exercise	Sets	Reps
Dumbbell Single-Leg Hip Thrust (Alternative: B-Stance Hip Thrust)	3	15+
Dumbbell Side to Front Raise	3	15+
Goblet Pulse Squat	3	20+
Dumbbell Skull Crushers	3	20+
Dumbbell B-Stance Romanian Deadlift	3	15
Banded Seated Hip Abduction	3	25+
Side Plank	3	40+ Seconds/Side
Rest for 1:30		

The following is a **glute burnout** that can be done with or without a band. The idea is to have continuous movement for 2-3 minutes straight to really burnout the glutes.

FAST FIRE BURNOUT (2-3 min)	
Exercise	Duration
Single Leg Glute Bridge	30 seconds per leg
Banded Squat Iso Hold	30 seconds (hold the bottom of the squat)
Banded Side Lying Hip Raise	30 seconds per leg
Banded Glute Bridge	30 seconds per leg

# WEEK 3 : DAY 2

## ISOMETRIC BURNERS

Begin with **Glute and Shoulder Warmups**

Aim to hold each exercise for a longer amount of time each time you do this workout.

ISOMETRIC SUPERSETS		
Exercise	Sets	Reps
A1. Lunge Isometric Hold	3	30-60 Seconds/Leg
A2. Push Up Isometric Hold (Can do modified)	3	30-60 Seconds
Rest for 1:00 & Repeat		
B1. Glute Bridge Isometric Hold	3	30-60 Seconds
B2. Face Down on Floor Shoulder "Y"	3	30-60 Seconds
Rest for 1:00 & Repeat		
C1. Front Plank	3	30-60 Seconds
C2. Side Plank	3	30-60 Seconds
Rest for 1:00 & Repeat		

CARDIO BLAST CIRCUIT	
Exercise	Duration
Alternating High knees	30 seconds
Jump Squat with Step Outs	30 seconds
Step-Ups	30 seconds
Mountain Climber	30 seconds
Rest 30 seconds	

**Keep repeating the circuit** until you've reached a minimum of 10-15 min (max 25). Take little rests if you need. Over time, you want to aim to complete more rounds in less time.

*For example,* it may take you 12 minutes to complete 3 rounds because of additional rests, so you'd aim to cut down those rests. As you progress, you can also perform each exercise for up to 60 seconds before moving on to the next one.

## WEEK 3 : DAY 3

### RECOVERY DAY

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**WEEK 3 : DAY 4****TOTAL BODY MUSCLE MAINTAINER**

Begin with **Glute and Shoulder Warmups**

Perform **3 rounds** of the following exercises in a circuit style.  
You can take rests between exercises if you feel you need them.

Exercise	Sets	Reps
Single-Leg Foot Elevated Bridge (Alternative: B-Stance Bridge)	1	20+
Seated Resistance Band Row (Alternative: Laundry Detergent Row)	1	15+
Bulgarian Split Squats	1	25+
Dips	1	10+
Plank Shoulder Taps	1	10+ Per Side
Pistol Squat (sitting down on to a chair or holding on to something for assistance)	1	12+ Per Leg
Lateral Raise	1	15+
Side Lying Hip Raise	1	15+
Rest for 1:30		

The following is a **glute burnout** that can be done with or without a band. The idea is to have continuous movement for 2-3 minutes straight to really burnout the glutes.

FAST FIRE BURNOUT (2-3 MIN)	
Exercise	Duration
Banded Frog Pumps	30 seconds
Banded Fire Hydrants	30 seconds
Banded Kickbacks	30 seconds per leg

*Lookin' and  
Feelin' Good!*



# WEEK 3 : DAY 5

## METABOLIC MUSCLE

Begin with **Glute and Shoulder Warmups**

20-15-10 for time (*No rest between exercises or sets*).

**3 rounds per exercise.** No rest between exercises or rounds, just burn through until you get it done. Do your best to complete the rounds unbroken, but if you have to stop and shake it out for 15-20 seconds before cranking more reps, that's fine.

LEGENDARY LEGS CIRCUIT (DUMBBELLS / RESISTANCE BAND)	
Exercise	Reps
A1. DB Reverse Deficit Curtsy Lunge	<b>Round 1:</b> 20 / leg <b>Round 2:</b> 15 / leg <b>Round 3:</b> 10 / leg
A2. DB Sumo Stance Squats (banded)	<b>Round 1:</b> 20 <b>Round 2:</b> 15 <b>Round 3:</b> 10
A3. Feet Elevated Frog Pump (banded)	<b>Round 1:</b> 20 <b>Round 2:</b> 15 <b>Round 3:</b> 10
A4. Supine Abductors	<b>Round 1:</b> 20 <b>Round 2:</b> 15 <b>Round 3:</b> 10

<b>BODY BOOST CIRCUIT</b>		
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
A1. Cha-Chas	1	<b>Round 1:</b> 20 <b>Round 2:</b> 15 <b>Round 3:</b> 10
A2. Single Arm Press	1	<b>Round 1:</b> 20 <b>Round 2:</b> 15 <b>Round 3:</b> 10
A3. Rising Flutter Kicks	3	<b>All 3 Rounds:</b> 20+ seconds

<b>NO GYM- NO FLABBY ARMS CIRCUIT (DUMBBELLS ONLY)</b>		
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
A1. DB Hammer Curl	1	<b>Round 1:</b> 20 <b>Round 2:</b> 15 <b>Round 3:</b> 10
A2. Close Grip Triceps Push Up	1	<b>Round 1:</b> 20 <b>Round 2:</b> 15 <b>Round 3:</b> 10
A3. Supinated DB Curl	1	<b>Round 1:</b> 20 <b>Round 2:</b> 15 <b>Round 3:</b> 10
A4. Lying Triceps Extension on the Floor	1	<b>Round 1:</b> 20 <b>Round 2:</b> 15 <b>Round 3:</b> 10

# WEEK 3 : DAY 6

## FULL BODY SCORCHER

5 Rounds

TIME CRUNCH LEAN OUT	
Exercise	Reps
Push-ups	5
Dumbbell Thrusters	10
Kettlebell -or- Dumbbell Swings	15

Repeat circuit 3 times

BACK & BOOTY BURNER	
Exercise	Reps
Resistance Band Face Pulls -or- Y-Raise	20
Band Pull Through w Dumbbell -or- Backpack Good Morning	20
Seated Banded Row- or- Backpack Bent Over Row	20
Banded Kneeling Upright Hip Thrusts -or- Backpack Upright Hip Thrust	20



**Repeat 1-2 times** rest for 15 seconds between exercises.

FULL BODY SCORCHER CIRCUIT	
Exercise	Duration
Toe Taps	45 seconds
Alternating Oblique Crunch	45 seconds / side
Quick Feet to Half Burpee	45 seconds
Plank Kick Through	45 seconds
Twist Jump	45 seconds
Lateral High Knees	45 seconds / side
Stationary Sprinters	45 seconds
Plank Jacks	45 seconds
Rising Flutter Kicks	45 seconds

**WEEK 3 : DAY 7**  
**RECOVERY DAY**

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*Almost there! Week 3 complete!*

Let's lean out, maintain and build **calorie-burning muscle!**



# 28-DAY CONQUERING QUARANTINE CHALLENGE

*with Laura!*

WORKOUTS  
WEEK 4

**WEEK 4 : DAY 1****TOTAL BODY MUSCLE MAINTAINER**

Begin with **Glute and Shoulder Warmups**

You will need to reference this chart for the rest of the days in the week.

<b>WARMUP: GLUTE ACTIVATION</b>	
<b>Exercise</b>	<b>Reps</b>
Banded Squats	20
Banded Glute Bridge	20
Banded Kickback	15-20 per leg
Seated Banded Hip Abduction	20
<b>WARMUP: UPPER BODY MOBILITY (WITH 2.5 POUNDS)</b>	
<b>Exercise</b>	<b>Reps</b>
External Rotation	15-20
90 Degree Rotation	15-20
Lateral Raise	15-20
Rear Fly	15-20

Perform **3 rounds** of the following exercises in a circuit style. You can take rests between exercises if you feel you need them.

Exercise	Sets	Reps
Dumbbell Single-Leg Hip Thrust (Alternative: B-Stance Hip Thrust)	3	15+
Dumbbell Side to Front Raise	3	15+
Goblet Pulse Squat	3	20+
Dumbbell Skull Crushers	3	20+
Dumbbell B-Stance Romanian Deadlift	3	15
Banded Seated Hip Abduction	3	25+
Side Plank	3	40+ Seconds/Side
Rest for 1:30		

The following is a **glute burnout** that can be done with or without a band. The idea is to have continuous movement for 2-3 minutes straight to really burnout the glutes.

FAST FIRE BURNOUT (2-3 min)	
Exercise	Duration
Banded Kickback	30 seconds per leg
Banded Feet Elevated Glute Bridge	30 seconds
Banded Side to Side steps	30 seconds
Banded Cha-Cha	30 seconds per leg

## WEEK 4 : DAY 2

### ISOMETRIC BURNERS

Begin with **Glute and Shoulder Warmups**

Aim to hold each exercise for a longer amount of time each time you do this workout.

ISOMETRIC SUPERSETS		
Exercise	Sets	Reps
A1. Bulgarian Split Squat Isometric Hold	3	30-60 Seconds/Leg
A2. Push Up Isometric Hold (Can do modified)	3	30-60 Seconds
Rest for 1:00 & Repeat		
B1. B-Stance Glute Bridge Isometric Hold	3	30-60 Seconds/Side
B2. Lateral Raise Hold at Top Position	3	30-60 Seconds
Rest for 1:00 & Repeat		
C1. Hollow Body Hold	3	30-60 Seconds
C2. Rotating Side Plank	3	30-60 Seconds
Rest for 1:00 & Repeat		

CARDIO BLAST CIRCUIT	
Exercise	Duration
Prisoner Jump Squat	30 seconds
Jog On The Spot	30 seconds
Front Kicks Into Half Lunge	30 seconds
Alternating Standing Crunch	30 seconds
Rest 30 seconds	

**Keep repeating the circuit** until you've reached a minimum of 10-15 min (max 25). Take little rests if you need. Over time, you want to aim to complete more rounds in less time.

*For example,* it may take you 12 minutes to complete 3 rounds because of additional rests, so you'd aim to cut down those rests. As you progress, you can also perform each exercise for up to 60 seconds before moving on to the next one.

## WEEK 4 : DAY 3

### RECOVERY DAY

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## WEEK 4 : DAY 4

# TOTAL BODY MUSCLE MAINTAINER

Begin with **Glute and Shoulder Warmups**

Perform **3 rounds** of the following exercises in a circuit style.  
You can take rests between exercises if you feel you need them.

Exercise	Sets	Reps
Single-Leg Foot Elevated Bridge (Alternative: B-Stance Bridge)	1	20+
Seated Resistance Band Row (Alternative: Laundry Detergent Row)	1	15+
Bulgarian Split Squats	1	25+
Dips	1	10+
Plank Shoulder Taps	1	10+ Per Side
Pistol Squat (sitting down on to a chair or holding on to something for assistance)	1	12+ Per Leg
Lateral Raise	1	15+
Side Lying Hip Raise	1	15+
Rest for 1:30		

The following is a **glute burnout** that can be done with or without a band. The idea is to have continuous movement for 2-3 minutes straight to really burnout the glutes.

FAST FIRE BURNOUT (2-3 MIN)	
Exercise	Duration
Banded Feet Elevated Bridge	30 seconds
Banded Bridge	30 seconds
Banded Side Lying Abductors	30 seconds per leg



*Crushin' it  
like a Boss!*



# WEEK 4 : DAY 5

## METABOLIC MUSCLE

Begin with **Glute and Shoulder Warmups**

20-15-10 for time (*No rest between exercises or sets*).

**3 rounds per exercise.** No rest between exercises or rounds, just burn through until you get it done. Do your best to complete the rounds unbroken, but if you have to stop and shake it out for 15-20 seconds before cranking more reps, that's fine.

LEGENDARY LEGS CIRCUIT (DUMBBELLS / RESISTANCE BAND)	
Exercise	Reps
A1. DB Reverse Deficit Curtsy Lunge	<b>Round 1:</b> 20 / leg <b>Round 2:</b> 15 / leg <b>Round 3:</b> 10 / leg
A2. DB Sumo Stance Squats (banded)	<b>Round 1:</b> 20 <b>Round 2:</b> 15 <b>Round 3:</b> 10
A3. Feet Elevated Frog Pump (banded)	<b>Round 1:</b> 20 <b>Round 2:</b> 15 <b>Round 3:</b> 10
A4. Supine Abductors	<b>Round 1:</b> 20 <b>Round 2:</b> 15 <b>Round 3:</b> 10

BODY BOOST CIRCUIT		
Exercise	Sets	Reps
A1. Cha-Chas	1	Round 1: 20 Round 2: 15 Round 3: 10
A2. Single Arm Press	1	Round 1: 20 Round 2: 15 Round 3: 10
A3. Rising Flutter Kicks	3	All 3 Rounds: 20+ seconds

NO GYM- NO FLABBY ARMS CIRCUIT (DUMBBELLS ONLY)		
Exercise	Sets	Reps
A1. DB Hammer Curl	1	Round 1: 20 Round 2: 15 Round 3: 10
A2. Close Grip Triceps Push Up	1	Round 1: 20 Round 2: 15 Round 3: 10
A3. Supinated DB Curl	1	Round 1: 20 Round 2: 15 Round 3: 10
A4. Lying Triceps Extension on the Floor	1	Round 1: 20 Round 2: 15 Round 3: 10

# WEEK 4 : DAY 6

## FULL BODY SCORCHER

5 Rounds

TIME CRUNCH LEAN OUT	
Exercise	Reps
Push-ups	5
Dumbbell Thrusters	10
Kettlebell -or- Dumbbell Swings	15

Repeat circuit 3 times

BACK & BOOTY BURNER	
Exercise	Reps
Resistance Band Face Pulls -or- Y-Raise	20
Band Pull Through with Dumbbell -or- Backpack Good Morning	20
Seated Banded Row- or- Backpack Bent Over Row	20
Banded Kneeling Upright Hip Thrusts -or- Backpack Upright Hip Thrust	20

Repeat 1-2 times rest for 15 seconds between exercises.

FULL BODY SCORCHER CIRCUIT	
Exercise	Duration
Toe Taps	45 seconds
Alternating Oblique Crunch	45 seconds / side
Quick Feet to Half Burpee	45 seconds
Plank Kick Through	45 seconds
Twist Jump	45 seconds
Lateral High Knees	45 seconds / side
Stationary Sprinters	45 seconds
Plank Jacks	45 seconds
Rising Flutter Kicks	45 seconds

## WEEK 4 : DAY 7

### RECOVERY DAY

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*You did it! Week 4 complete!*