

WOMEN AT HOME WITH EQUIP

Cardio

Monday Through Saturday 20 minutes fast paced walking or cardio of choice.

Steps at work do not count as cardio. (Heart rate range 130-155)

Monday: Legs

1. 3 sets of 25 reps squats with dumbbells
2. 3 sets of 15 reps lay down leg curl with dumbbell
3. 3 sets of 30 reps curtesy lunges
4. 3 sets of 1 minute squat pulses with dumbbells
5. 3 sets of 30 reps 15 reps each leg reverse lunges

Tuesday: Shoulders

1. 3 sets of 20 reps shoulder press
2. 3 sets of 20 reps side lateral raises
3. 4 sets of 15 reps Arnold press
4. 3 sets of 20 reps 10 each arm front raises
5. 3 sets of 15 high pulls

Wednesday: Back

1. 3 sets of 15 reps Superman's
2. 3 sets of 20 reps bent over dumbbell row
3. 4 sets of 20 reps rear delt flys
4. 3 sets of 15 reps pullovers
5. 3 sets of 12 reps 6 each side renegade rows

Thursday: bicep/tricep

1. 3 sets of 20 reps hammer curls
2. 3 sets of 20 reps bicep curls
3. 4 sets of 15 Tricep kickbacks
4. 3 sets of 15 reps overhead Tricep extension
5. 3 sets of 15 dips

Friday: Glutes (Booty)

1. 4 sets of 25 reps Glute hip thrust
2. 3 sets of 1 minute wall sits
3. 3 sets of 1 minute squat pulses
4. 4 sets of 12 reps each leg Romanian deadlift
5. 3 sets of 12 reps each leg Bulgarian split squats

Saturday: Sprints and stretching

Stretch routine (use a timer)

1. Touch your toes 2 minutes total
2. Supine pigeon pose each leg 1 minute each
3. Seated butterfly reach through 1 minute
4. Pigeon pose each side 1 minute
5. Seated IT band each side 30 seconds
6. Sprints: 10 rounds total! Sprint as fast as you can for 30 seconds then stop and rest 1- 2 minutes MAX. Repeat 9 more times and No more than 60 seconds rest in between sets.