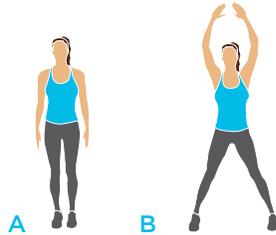


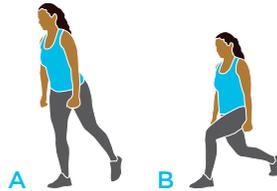
Complete these exercises three days per week.
Use the remaining four days of the week as rest days to stretch, cleanse, and recover.

DAY 1



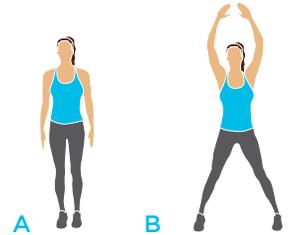
Jumping Jacks 20 Reps

DAY 2

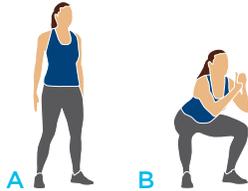


Reverse Lunge 8 Reps Each Leg

DAY 3



Jumping Jacks 20 Reps



Body-Weight Squat 12 Reps



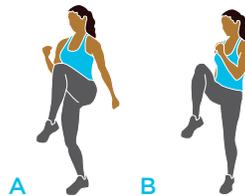
Plank 20-30 Seconds



Wall Sit 20-30 Seconds



Plank 20-30 Seconds



High Knees 20 Total



Plank 20-30 Seconds



Pushup 6-12 Reps



Superman 20 Reps



Glute Bridge 15 Reps

*Rest for two minutes, and repeat these exercises for a total of four sets.

Complete these exercises four days per week.

Use the remaining three days of the week as rest days to stretch, cleanse, and recover.

DAY 1

Romanian Dead Lift
15 Reps

Up-Down Plank
15 Reps

Half-Kneeling Shoulder Press
12 Reps

Rest 2 Minutes

Glute Bridge
20 Reps

Leg-Up Crunch
15 Reps

One-Arm Floor Press
10 Each

DAY 2

Front Squat
12 Reps

Planks With Dumbbell Drag x 8 Each

Bent-Over Row
8 Each

Rest 2 Minutes

Reverse Lunge
10 Each

Reverse Crunch
15 Reps

One-Arm Upright Row
10 Each

DAY 3

Romanian Dead Lift With Pause 15 Reps

Plank With Shoulder Tap 10 Each

Half-Kneeling Shoulder Press
10 Reps

Rest 2 Minutes

Sumo Squat
15 Reps

Jackknife
10 Reps

Pushups
15 Reps

DAY 4

Split Squat
8 Each

Plank Row
10 Each

Half-Kneeling Curl + Shoulder Press
8 Reps

Rest 2 Minutes

1 ½ Goblet Squat 8 Reps

Knee-to-Elbow Crunch 10 Reps

Close-Grip Chest Press 8 Reps

