

Month One - 3 Minute Workout

Upper Body	Monday	Tuesday	Thursday	Friday
Chest				
Back				
Shoulders				
Biceps				
Triceps				

Lower Body	Monday	Tuesday	Thursday	Friday
Squats				
Side Set				
Dead Lift				
Lunges				
Calves				

Core	Monday	Tuesday	Thursday	Friday
Plank				
Side Plank R				
Side Plank L				
Superman				
Free Pick				

Cardio/Yoga	Mon	Tues	Wed	Thurs	Fri	Sat
Cardio						
Yoga						

Upper Body- Pick whatever lifts you want for each body part. You can do the same one for the whole time or do a couple different ones and rotate through them.

Lower Body- Make sure you switch your legs half way through the lunges so each leg has a turn being in front.

Core- If you'd rather do different core exercises feel free to change them around.

Cardio/Yoga- You can do cardio and yoga everyday if you want to or you can switch it up. You don't need to do yoga, a longer stretching session is good too. Just make sure you are getting enough stretching in each day and week.

If three minutes is too long or hard then start at one minute and work your way up. You got this!

Month One - 3 Minute Workout

Upper Body				

Lower Body				

Core				

Cardio/Yoga						
Cardio						
Yoga						

Upper Body- Pick whatever lifts you want for each body part. You can do the same one for the whole time or do a couple different ones and rotate through them.

Lower Body- Pick whatever lifts you want for each body part. You can do the same one for the whole time or do a couple different ones and rotate through them.

Core- Don't forget to do abs and lower back, both are so important!

Cardio/Yoga- You can do cardio and yoga everyday if you want to or you can switch it up. You don't need to do yoga, a longer stretching session is good too. Just make sure you are getting enough stretching in each day and week.

If three minutes is too long or hard then start at one minute and work your way up. You got this!