

Workout A- Arms and Legs

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|--------------------|--|--|--|--|
| Arms | | | | |
| DB Bicep Curls | | | | |
| Hammer Curls | | | | |
| Alternating Curls | | | | |
| Out Curls | | | | |
| Triceps Dips | | | | |
| Reclined Extension | | | | |
| Triceps Kickback | | | | |
| Incline Extension | | | | |

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|----------------------|--|--|--|--|
| Legs | | | | |
| Sumo Squat | | | | |
| Deadlifts Single Leg | | | | |
| Wall Sits | | | | |
| Calf Raises | | | | |
| Rainbow Kick | | | | |

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|-------------|-------------|-------------|-------------|-------------|
| Cardio/Yoga | Cardio/Yoga | Cardio/Yoga | Cardio/Yoga | Cardio/Yoga |
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Workout B- Chest and Abs

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|------------------|--|--|--|--|
| Chest | | | | |
| Incline Press | | | | |
| DB Flies | | | | |
| DB Press | | | | |
| Around the World | | | | |

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|-----------------|--|--|--|--|
| Abs | | | | |
| Sit UP To Twist | | | | |
| Dead Bug | | | | |
| 100's | | | | |
| Superman | | | | |
| Hip Raisers | | | | |

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|-------------|-------------|-------------|-------------|-------------|
| Cardio/Yoga | Cardio/Yoga | Cardio/Yoga | Cardio/Yoga | Cardio/Yoga |
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Workout C- Back and Legs

| | | | | |
|----------------|--|--|--|--|
| Back | | | | |
| Bent Over Rows | | | | |
| Wide Row | | | | |
| Command Row | | | | |
| DB Lats | | | | |

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|----------------------|--|--|--|--|
| Legs | | | | |
| Sumo Squat | | | | |
| Deadlifts Single Leg | | | | |
| Wall Sits | | | | |
| Calf Raises | | | | |

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|-------------|-------------|-------------|-------------|-------------|
| Cardio/Yoga | Cardio/Yoga | Cardio/Yoga | Cardio/Yoga | Cardio/Yoga |
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Workout D- Shoulders and Abs

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|--------------|--|--|--|--|
| Shoulders | | | | |
| Upright Rows | | | | |
| DB Press | | | | |
| Front Raises | | | | |
| Push Press | | | | |

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|-----------------|--|--|--|--|
| Abs | | | | |
| Sit UP To Twist | | | | |
| Dead Bug | | | | |
| 100's | | | | |
| Superman | | | | |
| Hip Raisers | | | | |

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Cardio examples for in between lifts:

- skip in place
- run in place
- jumping jacks
- jump rope
- high knees
- skaters
- walk in place