



SPRING BREAK BODY WORKOUT PLAN

Goals:

- -12lbs in weight
- Tone arms, abs, inner thighs, back
- Cut fat on arms, abs, lats
- Trim waist circumference down 0.5"(+)
- Tighten gluts

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WARM UPS

Only choose one

Arm Days:

1) Lightweight Curls: 2 sets

weight: 2.5-3lbs

- 15 bicep curls
- 15 lateral twists
- 15 bent-over tricep extensions

2) Cardio: 1 set

- 30 seconds high plank
- 10 burpees
- 10 pushups
- 10 tricep dips off a bench

Leg Days:

1) 5 min jog on elliptical

2) 5 min stair master

LIFTING SCHEDULE

Day One: Chest & Triceps, 1/3 Shoulders

Warm Up

1) Chest Superset: 3 sets

weight: start at 7.5-8lbs per dumbbell

- 20 alternating single-arm fly (laying down on bench, slight bend in arm)
- 10 chest fly (both arms)

2) Tricep Superset: 3 sets

weight: start at 25-30lbs barbell

- 10 wide grip barbell press (make sure elbows are slightly in front of you)
- 10 reverse & close grip barbell press (keep elbows pinched to hips)

3) Tricep Cable Superset: 3 sets

weight: start at 30-40lbs

stance: feet apart to take pressure off the lower back, lean slightly forward

apparatus: cable machine with the wide grip bar attachment

- 10 wide grip cable tricep press
- 10 reverse grip cable tricep press

4) Inclined Chest Tri-Set: 2 sets

weight: start at 7.5-10lbs per dumbbell

- 10 inclined bench dumbbell chest press
- 10 inclined bench close grip chest press (palms facing each other)
- 10 tricep dips off bench

5) Shoulder Warm Up: 2 sets

weight: start at 3lbs

- 15 lateral raise to front raise

6) Shoulder Combo Tri-Set: 3 sets

weight: start at 3-5lbs dumbbell, 10lbs/5kg plate

- 20 front parallel raises with dumbbells
- 10 Around The World with plate
- 8 steering wheels (one set: R, L, down, L, R, down)

Day Two: Back & Biceps, 1/3 Shoulders

Warm Up

1) Bicep Superset: 4 sets

weight: start at 8-10lbs

- 12 bicep curls (be sure to keep elbows at waist, slightly angled outwards)
- 12 cross body hammer curls

2) Bicep Single Set: 4 sets

weight: start at 12.5-15lbs

- 12 single dumbbell rows on each side

3) Lateral Superset: 4 sets

weight: start at 15- 20lbs

- 12 isolated cable lat pull down from above head diagonally down to “flexing” position
- 12 one arm cable row from straight in front, pull in elbow to side

4) Bicep Cable Superset: 4 sets

weight: start at 10lbs for bicep curls, 30-40lbs for rope-to-face pulls

- 12 cable bicep rope curl from bottom
- 12 rope-to-face pulls

5) Shoulder Warm Up: 2 sets

weight: start at 3lbs

- 15 lateral raise to front raise

6) Lateral Shoulder Tri-Set: 3 sets

weight: start at 3-5lbs

- 10 reverse grip lateral raises (to side)
- 10 lateral raises (to side)
- 10 y-presses (focus movement on rear deltoids, draw Y upwards together above head)

Day Three: Back, 1/3 Shoulders

Warm Up

1) Isolated Lat Pull-Down Combo: 4 sets

weight: start at 20lbs, 40lbs for both hands

- 10-12 reps pull down each side
- 8-10 reps pull down with bar

2) Rear Deltoid Machine Set: 4 sets

weight: start at 35lbs

- 7 reps

3) Cable Fly Superset: 4 sets

weight: start at 12lbs on each side

- 10 cable fly
- 10 criss-cross reverse from front

4) Shoulder Cable Set: 3 sets

weight: start at 10lbs

- 8-10 reps of each shoulder lateral cable raise (from bottom, cross body, extend)

5) Row to Fly Complex: 4 sets

weight: start at 5lbs

- 8-10 reps of bent-over row to fly (row is pulling in to chest, then go straight into fly)

6) Shoulder Superset: 4 sets

weight: start at 20lbs barbell

- 10 shoulder presses
- 12 reverse grip front raise

Day Four: HiiT Routine (Bikini Body)

Warm Up

HiiT Routine or a high intensity cardio workout class (Kickboxing, Zumba, etc.)

Day Five: Arm Combo

Warm Up

1) Tricep Cable Combo Superset: 4 sets

weight: start at 10lbs

- 12 horizontal cable tricep extensions (forearm folded at shoulder level, pull cable outwards across body as you extend your forearm out)
- 12 lateral cable tricep pull down

2) Bicep Cable Combo Superset: 3 sets

weight: start at 10lbs

- 15 standing lateral bicep cable curls on each side (arms out “flexing” and curl inwards)
- 15 cable bicep curl from bottom on each side

3) Tricep Rope Cable Combo Superset: 4 sets

weight: start at 30-40lbs, 15-20lbs for single

- 10-12 cable overhead tricep extensions
- 8 one hand lateral cable tricep pull down on each side

4) Low Cable Row: 4 sets

weight: start at 55-60lbs

- 8-10 reps

Day Six: Legs & Gluts

Warm Up

1) Smith Machine* (attached barbell) Tri-Set: 4 sets

weight: depends on weight of barbell on machine, go accordingly

*if there is no machine, use a barbell and a plate for sumo squats

- 10 curtsy lunges
- 8 close stance squats
- 5 sumo squats (wide stance, feet angled outwards)

2) Barbell Leg Superset: 4 sets

weight: start with 20lbs

- 10 split squats (barbell on back or dumbbells in hands, in-place lunges)
- 10 good mornings (from 90-degree bend to standing)

3) Leg Extension Machine Tri-Set: 3 sets

weight: start at 70lbs, decrease by 10-20lbs each set depending on machine

- 10 squats
- 10 calf presses
- 10 modified sissy squats (on your toes)

4) Thigh Reduction Weighted Superset: 3-4 sets (adjust according to muscle fatigue)

weight: start at 50lbs

- 15 inner thigh presses
- 15 outer thigh extensions

5) Thigh Reduction Set: 2 sets (one set is R and L legs)

- 25 reps of lower leg pulses on each side (on your side on a mat, top leg folded over bottom leg, raise lower leg off ground and pulse for a rep)

6) Glut Complex: do modified of both if machines are there

- a. Glut Leg Extension Machine: 3 sets
 - i. 10 leg raises on each side at 30lbs
- b. Hip Ups: 3 sets
 - i. 10 weighted hi ups with at least 12lbs
 - ii. 10 right leg hip ups
 - iii. 10 left leg hip ups
 - iv. 15 unweighted hip ups

HiIT ROUTINES

Alternate between these each day

Modify on leg days!

Workout 1: Treadmill & Squats (325+ calories)

1) Sprint Complex A: (180+ calories)

- 5 min warm up jog up to 5.5/6 mph
- 5 x 20 seconds sprints at 9+mph, 10 second rest in between reps
- 5 x 30 seconds sprints at 8.5+mph, 10 second rest in between reps
- 4 min cool down jog to walk

2) Full Range Squat Combo:

- 10 slow squats with 3 pulses at the bottom
- 10 jumping jack squats
- 10 burpees (squat position, thrust to plank, pushup, frog jump, squat position, jump squat, repeat)

3) Platform Combo:

- 15 single leg step ups with a twist, add 5-8lbs dumbbells
- 15 single leg jump step ups
- 10 jumping squats to platform

Workout 2: Squats & Cardio (280+ calories)

1) Sprint Complex B: (160+ calories)

- 5 min warm up jog up to 4.5 mph
- 60 seconds sprint at 8.5mph, 15 second rest
- 45 seconds sprint at 8.5mph, 15 second rest
- 30 seconds sprint at 9mph, 10 second rest
- 15 seconds sprint at 9.5mph, 10 second rest
- repeat once in reverse order
- 4 min cool down jog to walk

2) Gluts Combo: 3 sets

- 10 side to side squats
- 10 hip ups straight legs out
- 10 hip ups knees bent

3) Cardio Combo: 1 or 2 sets

- 15 plank jacks
- 20 mountain climbers
- 10 ab burpees (back on dome, crunch to squat, tuck jump, rock back to dome)

4) Jumping Jacks: high speed for 60 seconds

Workout 3: Ab Focus (240+ calories)

Do not combine with any ab workouts!

Warm Up:

- 60 seconds jumping jacks

1) Standing Oblique Crunches: 60 seconds

standing shoulder width apart with arms up, arms down and lift one left up knee to elbow

2) Sumo Oblique Crunches: 30 seconds

sumo squat position, hands behind head with elbows out, side crunches

3) Criss-Cross Low Jacks to Jumping Squats: 30 seconds each

can add 5lbs dumbbells in each hand

4) Kick-Stretch Toe Touches: 40 seconds

standing with arms out to sides, twist diagonally across as you kick opposite leg up

5) Oblique Side Extension: 30 seconds each side

stand wide, bend to L side with L hand touching ankle, R arm up, straighten to stand

6) Squat Jump Tucks: 30 seconds

7) Oblique Mountain Climbers: 30 seconds

downward dog into plank, mountain climbers but knees out to shoulder, finish it in a pike

8) Pike to Plank: 30 seconds

9) Cardio Push:

- 15 plank jacks
- 20 mountain climbers

10) Crunch to Hold:

- 30 crunches
- 10 Starfish to v-fold

11) 10 Second Speed Rounds: 10 seconds each

- criss-cross mountain climbers
- fast speed bicycle
- v-hold

14) Russian Twists with cycling legs: 30 seconds

can add 12lbs medicine ball

Workout 4: Bikini Body (300+ calories)

For Day Four ONLY. DO NOT COMBINE.

Warm Up:

- 60 seconds jog in place
- stretch out quads and calves
- 30 seconds arms reach over head to opposite side

1) Squat & Shoulder Combo: 60 seconds

weight: 2.5-3lbs only

shoulder press as you squat down, shoulder press once you come up and reach the top

2) Jumping Squats: 60 seconds

3) Lift Arm Combo: 60 seconds

weight: 2.5-3lbs only

- deadlift up to row and row
- tricep extension out to fly

4) Skaters: 60 seconds

can add 5lbs dumbbells in each hand, side to side light weight changes as if you're skating

5) Lunge Combo: 60 seconds

weight: 2.5-3lbs only

lunge backwards with both arms up with weights in hand, twist to opposite side in lunge

6) Tuck Burpees: 2 x 30 seconds

squat position to plank, lift R arm above, turn, lift L arm above, turn, frog jump, tuck jump

7) Curtsy Lunge Combo: 60 seconds

weight: 2.5-3lbs only

curtsy lunge with shoulder lateral raise in between each lunge

8) Criss-Cross Low Jacks: 60 seconds

9) Reverse-Plank Twist Arm Reaches: 60 seconds

10) Mountain Climbers Combo: 2 x 60 seconds sets

- 30 seconds oblique climbers (knee out to elbow)
- 30 seconds regular mountain climbers

Cool down: child's pose, cobra, downward dog, shift weight between feet in DD, roll up, stretch

ABDOMINAL WORKOUTS

Alternate between these each day after HiIT routine

Modify on Arm Combo days

Workout A

1) Bench Superset: 3 sets

weight: start at 12lbs medicine ball, 2.5lbs dumbbell

- 20 Russian Twists
- 15 half-range v-folds with dumbbell in between feet

2) Oblique V-Up Set: 3 sets:

- 15 reps on each side on mat or bench

3) Around The World Combo: 3 sets

- 8 ATW clockwise
- 5 scissor kicks
- 8 ATW counterclockwise

4) Lower Abs Tri-Set: 4 sets

- 15 seconds holding legs off ground
- 15 seconds flutter kicks
- 15 seconds of open V, close V

5) Cable Oblique Superset: 4 sets (one side: left, right)

weight/resistance: start at 30lbs

- 15 reps both arms pulling cable from center to far side

Workout B

1) Plank Combo: 1 sets

- 30 seconds forearms
- 30 seconds high plank
- 30 seconds forearms, hips rock side to side

2) Full Range Combo: 2 sets

- 30 slow mountain climbers
- 30 toe touches
- 10 full-range v-folds

3) Upper Abs Superset: 3 sets

weight: start at 10lbs/5kg plate

- 20 reverse crunches with plate
- 15 reverse leg raises

4) Bicycles: 60 seconds

5) Oblique Crunch Superset: 2 sets

- 25 oblique crunches on each side
- 25 oblique sit-ups on each side (leg folded over the other, elbow to knee)

Workout C

1) Plank Complex: 2 x 30 seconds

forearm, R foot out, L foot out, R hand high plank, L hand high plank, R foot in, L foot in, etc.

2) Medicine Ball Crunch: 3 sets

weight: start at 12lbs (medicine ball)

- 20 middle crunches with a Russian Twist

3) Side Plank Combo: 2 sets

- 10 seconds hold side plank on side
- 8 twisting side planks on side

4) Sit-Up Combo: 2 sets

- 25 crunches with legs flat
- 25 crunches with legs propped up and feet flat
- 25 crunches with legs up at 90-degree angle
- 25 crunches with legs up

5) Woodchoppers: 3 sets

weight: start at 10-13lbs (kettleball)

- 8 on each side