



## 12 WEEKS TO SHOWING YOURSELF WHO IS BOSS CREATING THE BODY & LIFE OF YOUR DREAMS

Warm Up 10 Min Light Cardio or walking  
 Cool Down 10 Min Walk & Stretch <https://www.youtube.com/watch?v=N4CFjcR5FCs>  
 Start Date Week 2

Day 1	Weight	Reps	Duration	Location	Notes
Push Ups on your knees	Body Weight	3	45 Seconds		Modified if need be against a wall.
Burpees	Body Weight	3	45 Seconds		Modify to jump squats only if need be. <a href="https://www.youtube.com/watch?v=I1bqF_WyLyU">https://www.youtube.com/watch?v=I1bqF_WyLyU</a>
Jumping Jacks	Body Weight	3	45 Seconds		Modify by taking out the bounce if need be.
All fours to Plank	Body Weight	3	45 Seconds		Start in an all four position and step up to plank one foot at a time and return to all fours and repeat.
Med Ball Plie Jumps	Body Weight	3	45 Seconds		Jump your legs apart into a turned out plie and jump feet back together and repeat.
Jumping Jacks	Body Weight	3	45 Seconds		Modify by taking out the bounce if need be.
Standing Side Bends	Body Weight	3	45 Seconds		Hands behind your head, Keeping hips in place bend as far over to each side and return center as your range of motion and strength will permit.
Downward Dog Calf Raises	Body Weight	3	45 Seconds		In downward dog position press your back flat and press up to your toes and lower.
Overhead Triangle Push Ups	Body Weight	3	45 Seconds		<a href="https://www.youtube.com/watch?v=VvZI_1EtMBM">https://www.youtube.com/watch?v=VvZI_1EtMBM</a>
Single leg V Ups	Body Weight	3	45 Seconds		Lifting your shoulders off the floor alternate leg lifts reaching toward each knee and lowering shoulders between switch. <a href="https://www.youtube.com/watch?v=iP2fjvG0g3w">https://www.youtube.com/watch?v=iP2fjvG0g3w</a>
Chair Core	Body Weight	3	45Seconds		Sitting at the edge of a chair with your knees bent at a 90 degree angle, tighten your core as you alternate lifting each leg while bent and lowering back down.

Day 2	Weight	Reps	Duration	Location	Example Link if Needed
Complimentary Cyber Cyce Class			45 Min	Virtual	Live at 6:30 am Tuesdays and Thursdays
or					Available Mobile Live or Desktop On Demand <a href="http://www.christinedesouza.com">www.christinedesouza.com</a>
Treadmill/Bike/Eliptical				indoor/Out	Get to Class Link - Password Endure
Walk 1 min		3	1 Min	Anywhere	If you have access to a gym, feel free to switch up your machine. Otherwise a walk or a ride outdoors will be perfect this time of year.
Jog 1 min		3	1 Min	Anywhere	
Hill 1 min		3	1 Min	Anywhere	
4x's					
Day 3	Weight	Reps	Duration	Location	Example Link if Needed
Walk, Jog or Run			20 Min		
Double Jab Cross Right	Heavy Bag or Air	20	or 45 sec		
Double Jab Cross Left	Heavy Bag or Air	20	or 45 sec		
100 Revolutions Jump Rope	Heavy Bag or Air	100	or 45 sec		
Round House Kick Right	Heavy Bag or Air	20	or 45 sec		
Round House Kick Left	Heavy Bag or Air	20	or 45 sec		
100 Revolutions Jump Rope	Heavy Bag or Air	100	or 45 sec		
Double Squat Front Kick Alt	Heavy Bag or Air	20	or 45 sec		
100 Revolutions Jump Rope	Heavy Bag or Air	20	or 45 sec		
Repeat Sequence 3x's					
Day 4	Weight	Cradle Cr	Duration	Location	Example Link if Needed
Complimentary Cyber Cyce Class			45 Min	Virtual	Live at 6:30 am Tuesdays and Thursdays
or					Available Mobile Live or Desktop On Demand <a href="http://www.christinedesouza.com">www.christinedesouza.com</a>
Treadmill/Bike/Eliptical				indoor/Out	
Walk 1 min		3	1 Min	Anywhere	If you have access to a gym, feel free to switch up your machine. Otherwise a walk or a ride outdoors will be perfect this time of year.
Jog 1 min		3	1 Min	Anywhere	
Hill 1 min		3	1 Min	Anywhere	
4x's					
Hill 1 min		3	1 Min	Gym	
3x's					

<b>Day 5</b>					
2 Alternating Back lunges			3	45 Seconds	
Dips			3	45 Seconds	
Hip lifts			3	45 Seconds	
Jog in place			3	45 Seconds	
Alternating single leg hops					
Arm Circles				60 sec each	
All Four Balance					Balance with opposite arm and leg extended
Backward Plank	Body Weight		3	45 Seconds	Try this with your knees bent and your hips up.
Military pushups on your knees	Body Weight		3	45 Seconds	Modivy as in workout 1.
Alternating leg drops	Body Weight		3	45 Seconds	
Basic Crunches	Body Weight		3	45 Seconds	

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