12 WEEKS TO SHOWING YOURSELF WHO IS BOS
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	Body Weight	3	45 Seconds	Desk Break	
Burpees	Body Weight	3	45 Seconds	Desk Break	https://www.youtube.com/watch?v=I1bqF_WyLyU
Jumping Jacks	Body Weight	3	45 Seconds	Desk Break	
4 Plank Jacks & 4 Plank Jogs	Body Weight	3	45 Seconds	Desk Break	Plank/Push up position an jump legs out and in like in Jumping Jacks
Med Ball Plie Jumps	Body Weight	3	45 Seconds	Desk Break	Jump your legs apart into a turned out plie and jump feet back together and r
Jumping Jacks	Body Weight	3	45 Seconds	Desk Break	
Alternating Side Plank	Body Weight	3	45 Seconds	Desk Break	Moving through center plank to alternate sides. https://www.youtube.com/wa
Downward Dog Calf Raises	Body Weight	3	45 Seconds	Desk Break	
Overhead Triangle Push Ups	Body Weight	3	45 Seconds	Desk Break	https://www.youtube.com/watch?v=VvZl_1EtMBM
V Ups	Body Weight	3	45 Seconds	Desk Break	https://www.youtube.com/watch?v=iP2fjvG0g3w
Bicyle Crunches	Body Weight	3	45Seconds	Desk Break	https://www.youtube.com/watch?v=Iwyvozckjak
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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
					Available Mobile Live or Desktop On Demand
or					www.christinedesouza.com
					Get to Class Link - Password Endure
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
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
					Available Mobile Live or Desktop On Demand
or					www.christinedesouza.com
					Get to Class Link - Password Endure
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
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					
Day 5					
2 Alternating Back		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		
Flat Backs					
Backward Plank	Body Weight	3	45 Seconds		
Sit n sweep	Body Weight	3	45 Seconds		
Military pushups on your knees	Body Weight	3	45 Seconds		
Alternating leg drops	Body Weight	3	45 Seconds		
Bicyle Crunches	Body Weight	3	45Seconds		
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repeat.

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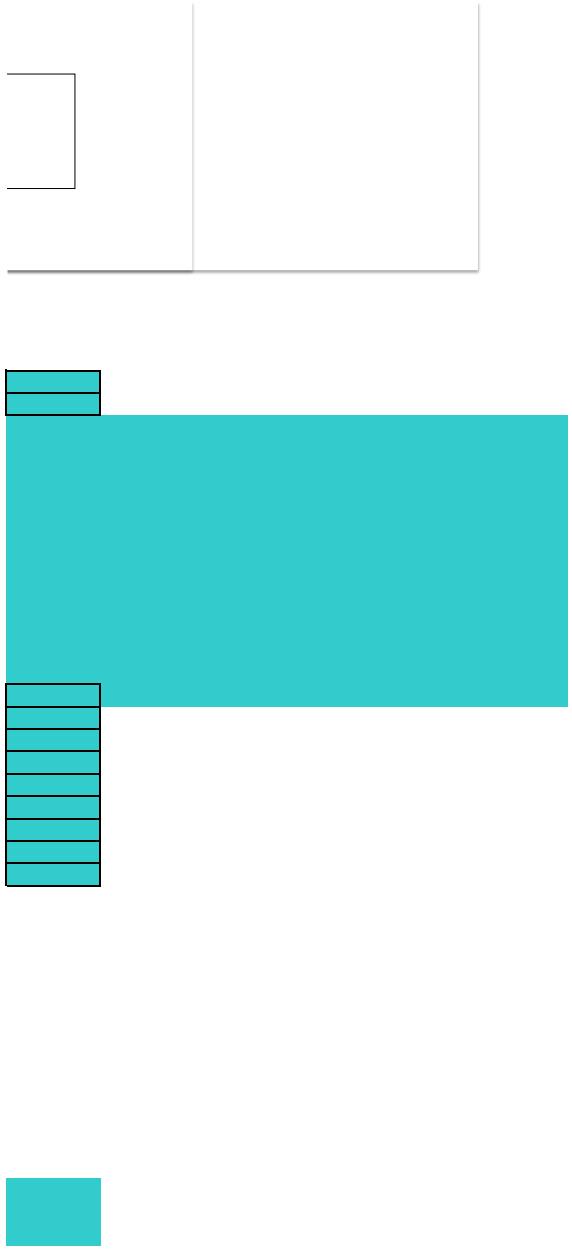
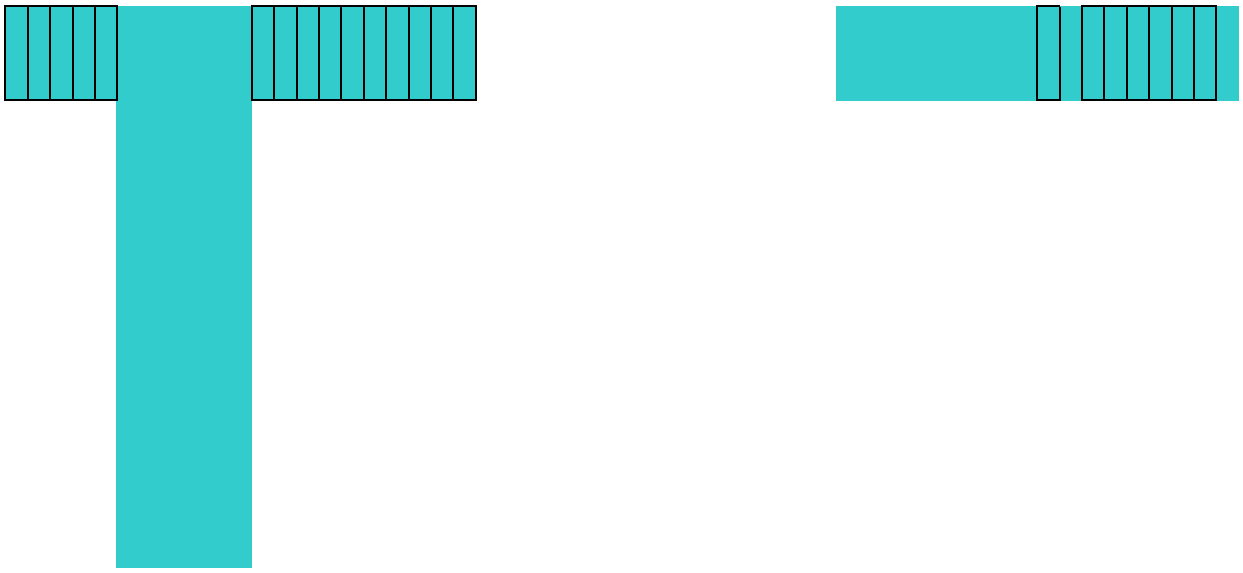
a walk or a ride outdoors will be perfect this time of year.

Whichever is longer

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