



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 3/30/15

Day 1	Weight	Reps	Duration	Location	Example Link if Needed
Alternating Side Plank	Body Weight	3	45 Seconds		Moving through center plank to alternate sides. https://www.youtube.com/watch?v=VvZI_1EtMBM
Downward Dog Calf Raises	Body Weight	3	45 Seconds		
Overhead Triangle Push Ups	Body Weight	3	45 Seconds		https://www.youtube.com/watch?v=iP2fvG0g3w
V Ups	Body Weight	3	45 Seconds		https://www.youtube.com/watch?v=Iwyvozckjak
Bicycle Crunches	Body Weight	3	45 Seconds		
Stretch Series	2 - 3x's each		60 sec each		
Neck stretch 4 directions					
Pectorial Wall Stretch					
Shoulder/Tri Stretch Combo					
Wrist & Finger Stretch					
Downward Dog Stretch					
Swan Stretch					
Quad Stretch					
Childs Pose					
Butterfly Stretch					
Supine Hip Stretch		3			
Hamstrin Stretch on back					
Legs over your head					
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. Other
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
Brisk Walk			20 Min		
Alternating Side Plank	Body Weight	3	45 Seconds		Moving through center plank to alternate sides. https://www.youtube.com
Downward Dog Calf Raises	Body Weight	3	45 Seconds		
Overhead Triangle Push Ups	Body Weight	3	45 Seconds		https://www.youtube.com/watch?v=VvZl_1EtMBM
V Ups	Body Weight	3	45 Seconds		https://www.youtube.com/watch?v=iP2fvG0g3w
Bicycle Crunches	Body Weight	3	46 Seconds		https://www.youtube.com/watch?v=Iwyvozckjak
Foam Roll Series		1	1 - 2 min/ea		Really roll around and fiind the tender spots. Stay as long as you need.
Back					
R & L Lats					
Glutes					
Hip Crease Front and Side					
Quad Roll front and outside					
Low Back					
Hamstrings					
Tennis ball down side of spine					
Day 4	Weight	Cradle C	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. Other
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					
Alternating Side Plank	Body Weight	3	45 Seconds		Moving through center plank to alternate sides. https://www.youtube.co
Downward Dog Calf Raises	Body Weight	3	45 Seconds		
Overhead Triangle Push Ups	Body Weight	3	45 Seconds		https://www.youtube.com/watch?v=VvZI_1EtMBM
V Ups	Body Weight	3	45 Seconds		https://www.youtube.com/watch?v=iP2fjvG0g3w
Bicycle Crunches	Body Weight	3	46 Seconds		https://www.youtube.com/watch?v=Iwyvozckjak
Stretch Series	2 - 3x's each		60 sec each		
Neck stretch 4 directions					
Pectorial Wall Stretch					
Shoulder/Tri Stretch Combo					
Wrist & Finger Stretch					
Downward Dog Stretch					
Swan Stretch					
Quad Stretch					
Childs Pose					
Butterfly Stretch					
Supine Hip Stretch		3			
Hamstrin Stretch on back					
Legs over your head					

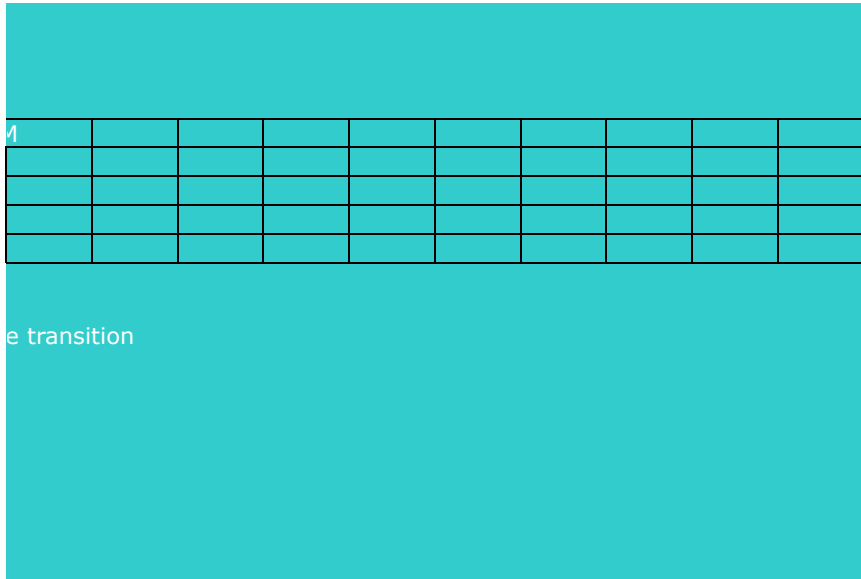
wise a walk or a ride out

m/watch?v=Iyr6ETMJT0M

Try to stay low during th

wise a walk or a ride out

doors will be perfect this time of year.



4									

e transition

doors will be perfect this time of year.

