

# Advanced Workout Plan

## Week 1 - Day 1

### Stretching/Jog/ Jumping Jacks

Warm Up



Begin all workouts with stretching of your major muscles. Today your warm up exercise is a 5 minute jog or 5 minutes on the stair machine, followed by 3 sets of 25 jumping jacks.

### Alternating Lunge w/ Ball Twist

Legs/Core



Holding the ball in front of you, perform a front lunge. Twist in the direction of the leg you stepped with. Make sure to push through your heel when stepping back up.

Reps: 15 per leg Sets: 3-4

### Squat with Bicep Curls

Legs/Biceps



Holding dumbbells by your side, squat down as if taking a seat. While pushing back up perform a bicep curl. Lower curl and repeat.

Reps: 15 Sets: 3-4

### Tricep Extension on Physio Ball

Triceps/Core



Roll onto ball until shoulders and neck rest on it. Raise dumbbells over head and lower them bending at the elbow. Squeezing triceps, push weight back up. Keep core engaged throughout exercise.

Exhale on the way up.

Reps: 15 Sets: 3-4

### One-Legged Rows

Back/Core



Lean over keeping core engaged and make one leg parallel to floor. Squeeze your shoulder blades together and raise dumbbells back, keeping elbows close to body. Exhale on the way up and inhale on the way down.

Reps: 10 per leg Sets: 4

### Bird Dog

Core



Begin on your hands and knees. Lift and straighten one arm and opposite leg up at the same time. Slowly lower and return to starting position, keeping core tight throughout.

Reps: 10 per side Sets: 4

### Mountain Climbers/ Stretching



Cool Down

To cap off your first day of the advanced exercise plan (filled with full-body workouts), begin your post-resistance training with 3 sets of 30 mountain climbers. Once you've finished with the mountain climbers, move on to stretching your muscles. Begin to bring your heart rate down and focus on slowing your breathing.

Welcome to the advanced exercise plan! Here you'll find challenging exercises that have been put together to get your heart pumping and muscles working! Today is mostly filled with full body exercises to shock your body and help get it ready for an intense program. Good luck!