

# Simply Balanced Maternity

A Full-Circle Approach to Your  
Healthiest Pregnancy Ever



Limit excessive weight gain and lose weight faster after pregnancy!

by: Sadie Jane Sabin

## DISCLAIMER

Please review the following User Disclaimer Agreement carefully before using the SimplySadieJane.com fitness program.

I designed this program when fitness and exercise changed my life during my last pregnancy. I was participating in an avid workout routine when I found out I was pregnant, and after taking about six weeks off during the first trimester, I went back to the gym. Do not fear: even if you have not worked out before, you can do this program. This is designed to help everyone, no matter what stage of fitness they are in, unless medically advised by their doctor not to workout. Please talk with your doctor before starting this program. If you did not workout before this pregnancy, as long as you consult your doctor, you can slowly start to implement these workouts into your daily life. The biggest tip I have for you throughout this program is to listen to your body. There is a lot a pregnant woman can do if she feels good and is able. That being said, if you feel faint, dizzy, or light-headed, please discontinue your workout immediately. SimplySadieJane.com is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind or in determining the effect of any specific exercise on a medical condition.

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# Preface

Congratulations on your pregnancy! There is nothing more incredible than being pregnant. These upcoming months are going to bring new changes, experiences, challenges, and joys that you may never have experienced before. My goal is to help ease the stress, strain, and worry that can come with pregnancy and the unknown. After two very uncomfortable and unhealthy pregnancies, I educated myself and changed my perspective on pregnancy completely. I want to give you the tools not only to have the fittest pregnancy possible but also to have the most fulfilling and healthy one, too. Whether this is your first or fifth pregnancy, I applaud you for purchasing this program in hopes of staying healthy.

Before we jump into the program, I'd like to share a little bit about why I created it. During my first pregnancy, I worked full-time as a labor and delivery night nurse. I thought I knew the ins and outs of pregnancy, but couldn't have been more wrong! I took what my doctor and my friends said literally when they said, "You are eating for two!" Not only did I eat double of what I was eating before, but most of it was either fast or processed food. My sleeping patterns were inconsistent. I completely let myself go. I found myself miserable and unhealthy mentally, physically, and emotionally. I never exercised except for trying to induce labor toward the end. Pregnancy was hard and uncomfortable. I guess my excuse for my behavior was that I always expected pregnancy to be

miserable. I thought feeling that way was just how my body handled it. I had no education or understanding that could have helped me have a fulfilling, fit, and healthy pregnancy.

My second pregnancy was very similar, but this time, I implemented more CrossFit workouts. I stopped shortly after I started, because I still believed I shouldn't overexert myself while carrying my child. Postpartum depression set in after my son was born, and I was an overall mess. I weighed over 200 pounds.





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One night, as I was nursing my baby boy, I had an epiphany. I realized the depression I was experiencing was linked not only to my hormones, but also to how I treated my body during pregnancy. I was exhausted, overweight, and really felt like I had no control over my eating habits or my body. Not only did I not know how to help myself physically but mentally, as well. I didn't see myself like I saw other women. They were strong, beautiful, and courageous and I was not. I felt broken, and I suddenly realized I was lacking the knowledge I needed to make major changes and turn my life around to where I wanted it to be.

I made a change and became educated. It took me almost two years to lose 80 pounds. I thought once I was at my goal weight all my troubles would disappear, but they didn't! I became somewhat obsessed with weight loss. It was consuming my life. While trying to find myself, I lost myself even more. I suffered from a disorder called Body Dysmorphic Disorder. Everyone told me I was too skinny, but I didn't believe them. I struggled with weight and my appearance throughout my life and convinced myself that I could never be too skinny. I looked in the mirror and saw a heavy person with big thighs and arms. It took over my life so much that I never wanted to be pregnant again for fear of gaining more weight.

We moved our little family from Idaho to Utah, and that is when I hit rock bottom. I was skinnier than I had ever been, and yet somehow, the most miserable. I started attending a new gym that offered yoga. I was interested in it and decided to give it a try. My first class changed my life! It was as if a light had turned on and a heavy fog had been lifted! For the first time, I was able to take a step back, look at myself, and realize what I had become. There was so much I needed to change. With the help of self-love exercises, books, hypnotherapy, energy healing, yoga, and meditation, I felt I had found the piece that was missing. It was my self-worth or what I like to call self-love. It wasn't about the weight anymore. It was about loving myself no matter the size. I remembered my purpose, or at least one of them: I was a mother. I had always known that there was another child in heaven for us, but I never had the courage to accept it until I was healed.



About a year after my "soul transformation," I knew it was time for us to try to have another child. I was ready, grateful, and blessed to have a body that would be able to carry our child. I knew that this pregnancy would be different but I also knew there was a chance I would still gain the same amount of weight. It didn't scare me anymore, because I knew it wasn't about the weight. It was about HOW I FELT! I knew I could help myself. No more playing the victim. No more using pregnancy as an excuse. This time, everything was different physically,



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mentally, and emotionally. I researched, I listened to my body, I worked hard to feel great, and I told myself that I had a choice. A choice I don't take lightly! I know many pregnant women don't have that choice, due to medical reasons, but because I did, I knew I needed to share. Share what I did. How I did it. All of it.

I felt better at the end of my pregnancy than I ever thought possible. My labor was fast and effortless. I delivered my biggest baby (8 pounds 7 ounces) after pushing for two contractions with no tear (I had second-degree tears with my others). I have finally arrived at a point of pure joy, happiness, and self-love in my life, and now I feel a strong need to share that with anyone who will listen!

# Tips to a Fulfilling & Healthy Pregnancy

I couldn't put this workout guide together without adding some of the other things that changed this pregnancy for me. Working out is great—and a must—but that is only one piece of what really makes for a healthy, fulfilling, and enjoyable pregnancy.

I have put together a list of some of my favorite things I did during this pregnancy to help me have not only a healthy pregnancy but a full and beautiful one.

1. Embrace it all! My first little tip, trick, pregnancy hack—and really, the thing that helped my last pregnancy more than anything else—is to embrace every single bit of it. The good, the bad, the weird, the ugly, the everything. Once you release expectations and just take one day at a time, then you will feel so much freedom during your pregnancy. Even the first trimester, when you lie on your couch for six weeks and all you eat are dry pieces of toast. Every stretch mark, every pound, every beautiful piece! EMBRACE IT!

2. Superfoods—EAT WELL! Feed and fuel your body with hearty, clean foods. I ate 100% differently with this last pregnancy. I ate with INTENT! Intent to fuel my body with enriched, whole foods. Eating this way gave me the freedom to have sweets or treats in moderation within a balanced diet. I would recommend eating all food groups, and make sure you have some superfoods daily. Superfoods are simply foods that are especially beneficial for your health, because they are so full of nutrients. Ya know, to balance out that carton of ice cream you are going to eat tonight! Some of my favorite superfoods are avocados, berries, kale, spinach, almonds, salmon, dark chocolate, quinoa, brussel sprouts, and brown rice.

3. Water—Are you drinking enough water? I can answer that for you...PROBABLY NOT. Who wants to increase their water intake when they are peeing literally every hour?! But it will make you feel so much better! Get yourself a giant, insulated mug and ALWAYS have it filled! How much exactly? Well, take your body weight (or guess it, since you might not know what it is right now) and divide it by 2, then divide by 8, and that is how many cups of water you should be drinking in a day. I recently found an amazing insulated mug that can hold 40 ounces of water! [Click here to purchase mug.](#) I try to get at least 2-3 of those mugs of water down a day. I would also encourage you to try to drink high pH water. Why? It is actually more hydrating and good for you! The alkaline water helps balance your pH, which can have benefits on your digestive system as well.



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4. Sleep—Pregnancy insomnia is so real! And it becomes harder and harder to sleep the more uncomfortable you get. NAP! Do it! Find time, and don't be afraid to ask for help with your other kids so you can nap. You won't regret it. You need to let your body rest! Also, invest in a really great body pillow. [Check out my favorite here](#). You can thank me later.

5. Stretch—During my first trimester, this is the only kind of working out I could do, but it always made me feel better. Stretching can help fresh oxygen reach all your muscles and make you feel energized and refreshed. It will also increase your circulation, help with your posture, and lower stress levels! I have a page with some good stretches in here, but if you want some deeper stretches, head over to my YouTube channel (Sadie Jane Sabin) and find the PREGNANCY STRETCH video! (I explain more about this later on.)

6. Meditate—I struggled with anxiety my first trimester of pregnancy. It was so debilitating. There were days that I woke up with my heart racing and my body filled with anxiety. That's when I started meditating in the morning. You can meditate in many ways; there is no right or wrong way to do it. Many forms of meditation begin with your eyes closed, in a sitting or laying position. When I awoke each morning, I lay flat on my back and placed my left hand on my heart and my right hand on my belly. I closed my eyes and said a prayer of gratitude, only thanking God for the things in my life. Thank Him—or any Higher Power that you pray to—for your body and the babe you are carrying. Thank Him for breathing, for walking, for getting up in the morning. I then thought of a word that I needed that day: an intention for my day that would



carry me throughout even the most difficult hours. Peace, patience, energy, love, compassion, or anything that popped into my head that day. I repeated the word a few times in my head, while I took deep breaths in through my nose and released them through my mouth. Sometimes I had time to lay and breathe and release my anxiety, and other times I was rushed and only had time to think of the word that I needed that day. #kids But I always made sure to find my word, because when 3:00 p.m. hit and the anxiety came back, I closed my eyes, took deep breaths again, and remembered that word. It immediately filled me with peace. Toward the end of my pregnancy, I noticed the anxiety was coming back, but this time, it was from the fear of the unknown. I found myself worrying about labor and all the things that could go wrong. When that started, I repeated this phrase in my head at night: "I do not know the unknown, but I know and believe that I will have peace with the unknown." With every inhale, I would breathe this phrase into my soul, and with every exhale, I released all the negativity that I had been holding onto. However you decide to meditate, do it with a purpose. Take time to center yourself and breathe. The Headspace App is one of my favorites for meditation.



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7. Gratitude Journal—This goes along with the meditation, but if you prefer to write things down instead of saying a prayer—or you want to do both—keep a journal by your bedside, and write a few things down in it every day. It doesn't have to be intense and definitely doesn't have to take a lot of time. One day I simply wrote leggings. Because he'llllo, who wears pants when they are pregnant? #touturechamber If there is anything I am certain of, it is that a grateful heart will always lead to happiness. So if you are feeling unhappy, whip out that journal (or even your phone), and write a couple things down.

8. Breathing and Energy Exercises—I like to do this at any and all times of the day. These exercises help me keep my life and universe in my control. They also help me keep negativity and bad energy away from myself and my children. It's more than just breathing. It's about the INTENT of your breath. It's amazing what happens when you place intention behind something. This goes hand in hand with meditation, and in a real sense, this is a form of meditation. When I start this particular breathing, I imagine my body full of grey smoke, and with each inhale, the smoke is pulled from my feet, up through my body. Each exhale releases that smoke and negativity out of my body. Then when I envision that smoke being released and gone, I envision light and brightness pouring into my body. A dear friend of mine, who I look up to very much (her IG is @heyhappypana), taught me these amazing practices. She calls it "clearing" and "shielding." Simply close your eyes, breathe in through your nose and out through your mouth! It's amazing what a couple of deep breaths can do for your stress level, especially when they are coupled with intent. You can even go as far as guiding a particular breathing session with a purpose—whether that be to breath in and out to shield yourself from negative body image thoughts or to shield yourself from someone's particular energy. We are creators, and what we manifest out into the universe will be. If we truly understood that, no outside source would ever be able to affect us, and we would understand that we are in charge of our destiny and future. We are energetic beings. If we release negative energy into the universe, that is what will come our way. Breathe out the negative and pull in that positivity. Then use that positivity, and manifest what you wish with this pregnancy.

9. Super Good Popsicles—Yes, that is the technical term for them! There is nothing better than something fresh, fruity, cold, and light to help with nausea! The end.

10. Walking—On the days that I felt good (aka no nausea) during my first trimester, I walked to school to pick up my daughter. It got my oxygen flowing and gave me more energy.

11. Earthing—This is one of my favorite things to do. Put simply, it is walking outside in the dirt or soil barefoot. I am a firm believer that everything holds energy. The plants, trees, especially the soil. I love going outside barefoot and feeling the energy from the earth. It works. For real. And it honestly helps me feel peaceful and decreases my stress.

12. Epsom Salt Baths and Bath Bombs—First of all, baths are life and may be the only thing that helps you feel a bit weightless. When you add salt and essential oils, it becomes an at-home spa. The essential oils and salts can help draw toxins out of your body, lower stress, and balance pH levels. [Click here for my favorite Epsom Salts.](#) And [here for some of my favorite bath bombs.](#)



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13. Detox Masks—Indian Clay Healing Mask ([buy it here](#)) and Apple Cider Vinegar ([buy it here](#)): mix equal parts with a plastic spoon ([or use this facial DIY bowl and brush](#)) and let it transform your skin! It is my favorite mask. All organic and so clarifying and detoxifying.

14. Pregnancy Massages—I really don't think there is a better feeling than lying on your stomach 8 months pregnant on a maternity massage table. Ya know, the kind of table with pads to form around your belly. Massages are so good for your body! Make sure to go to a perinatal specialist. They will know exactly what they can do to help your body feel great. They even massaged my ligaments and hips.

15. Foot Rubs—Next time you're sitting on the couch with your significant other, simply lift your legs and place them on the knees of your lover. They will have no other choice but to rub your tired, swollen feet. #lifehacks Oh, and while we are on the topic of feet, get yourself a pedicure. Don't stop there! Get a manicure, too. #yolo

16. Foot Zoning or Reflexology—This is like a foot rub, but the rub has precise, directed pressure to various "zones" of the feet that relate to other parts of the body. It is quite the experience and can really help with releasing toxins throughout the body and increase blood flow, as well.

17. Laugh. Smile. Dance. Do it! With your kids. With your friends. With your husband. In the car. In the kitchen. Anywhere.

18. Sexy Time—There will be times during your pregnancy when you feel sexy and beautiful and other times when you feel like a whale. That is just how it is, but did you know that research has shown that women naturally are more beautiful and sexy when they are pregnant? The phrase "you're glowing" isn't just an expression. You really are more radiant. Brighter skin (partly due to hormones and increased blood flow), thicker hair, bigger breasts, and a beautiful curvy figure—hello, girl, you should feel sexy! At least for a little bit, ya know, until it's too uncomfortable to get out of bed or pick up something off the floor; then it's a bit more difficult to feel sexy. (Ha, ha!) But don't doubt that sexiness for one second, babe! So when your honey can't take his hands off you, get after that sexy time, girlfriend. It can even help you go into labor at the end. #bonus

19. Chapstick and Lotion (Coconut Oil) at Bedside—My skin gets SO DRY during pregnancy. I would do my usual coconut oil rub down after the shower, but it was nice to have something by the bedside for that foot rub right before bed or if I wanted to lube up that belly before bedtime. [Check out my favorite coconut oil here](#). Chapstick was a HUGE necessity, as well. My nose would often get stuffy, so I'd usually breath through my mouth during the night. That can dry out your lips so easily! [I love this kind](#).

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20. Bedside Necessities—While we are on this topic, we must not forget water and a snack! When you wake up at 3 a.m. and can't go back to sleep, remember you have that apple by your bed to snack on. I always had extra hair ties and oils, as well: peppermint, lavender, and oil mixtures to help with peace, balance, and anxiety. Download some books onto your phone, too. You might want to catch up on some reading during those hours.

21. Vaseline on Heels and under Arms—Those were my driest trouble spots during pregnancy. On top of the coconut oil, I would slap some Vaseline on before I put on my clothing and socks. It's the best for those deep cracks in your heels.

22. Tea—Herbal and green tea are my favorite. There are so many different teas with so many different benefits. Peppermint for nausea. Raspberry Leaf to help prepare your body for labor. Chamomile to help relax yourself before bedtime. All herbal teas can be so soothing and relaxing. I loved Green tea in the morning with my breakfast, it gave me just enough caffeine to help me feel energized but not too much for the baby. If I am not drinking tea that day, I allowed myself one Bai drink a day. Bai drinks, are all-natural antioxidant infused drinks with about 70 mgs of caffeine per bottle, or 40 mgs per can.

23. Sewing and DIY Stuff—I used to have way more time for this kind of stuff, but now I rarely get my sewing machine out. Whatever you love to do, do more of it. It can be so therapeutic to work on a baby blanket or a painting.

24. Baking—This has become my therapy! I love making a cake or some yummy dessert. It can be fun to create and get lost in a project!

25. Serving Others—This is my favorite thing to do if I am feeling down on myself or sad. Getting lost in the act of service really can give you so much gratitude for life and for your circumstance. Try baking cookies and sharing them with a neighbor or putting together a little something for someone from the dollar section at Target! So many options! It doesn't have to be complicated or cost any money either. It can simply be smiling more and smiling at a stranger.

26. Music—This one is HUGE for me! SO, so huge. I love me some good tunes. It can really turn the day around for me. Pandora, Spotify, or a good radio station. Put it on in your car and just drive with those windows down, or blast it in your kitchen while doing dishes. Music has so much power! Let it lift you up when you are having a hard day.

27. Sisters or Friends on Speed Dial—Community is so key! Pregnancy can be so tough, days can be long, and sometimes you just need to cry! Find someone who will listen and who you can cry with. It doesn't need to be a sister or friend; it can be your significant other as well. My husband gets really busy during the day with work, so I usually need my sisters on speed dial when going through a pregnancy breakdown! A listening ear goes a long way, friends.



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28. Candles are life! Really though. I am a sucker for a great candle. I love to have a yummy candle burning during the day to give my senses a little boost. I am all about making my house feel like a home and a candle just takes that feeling up a notch! [Check out my favorite candle here.](#)

29. Chocolate—Because #pregnancy.

30. Prenatals—Vitamins are so, so important not only for you, but for your baby. They ensure that that little, growing fetus of yours is getting adequate nutrients. Make sure to add some Omega-3s to your vitamin regimen as well. They aid in your babe's brain development.

31. Maternity Bellyband—If you are working out, especially toward the end of your pregnancy, you might want some extra support on your lower abdominals. [A bellyband](#) can take pressure off your back, belly, and bladder, which in the long run, can help you strengthen your pelvic floor.



32. Under-eye Mask—These can be so refreshing to your eyes and help with those dang under-eye bags, if you are lacking in the sleep department. They are usually infused with some refreshing oils to give you and your eyes a little bit of a pick-me-up! [Check out my favorite ones here.](#)

33. Oil Diffuser—I am so obsessed with oils and smells (like I previously discussed with my candle-burning obsession). Oil diffusing gives your senses and body a lift, as well as your home. I love diffusing a blend of root oils to help me feel more grounded, or even some lemon for a pick-me-up, or lavender at bed time. [Check out my fav here.](#)

34. Prenatal Books—Especially if this is your first! I love reading all about my body and how it is changing and what the babe is doing at that particular time during pregnancy. Also, there is a book called "The Daily Soul Sessions." It is so awesome. It has daily updates and motivational quotes to read that go with each day of your pregnancy. [Click here to get it!](#)

35. Journal—Document what you are going through: the ups, the downs, the everything! It's sad how quickly we forget.

36. Prenatal Support Groups—Whether it's an Instagram page or a website, you can find support in so many different places if you don't feel like you have anyone close to you that you can talk to or learn from.

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37. Weekly or Monthly Progress Pictures—I know, I know, I know, it is the last thing you want to do, but I promise: you WILL NOT REGRET IT!! You are only pregnant for a very short time, and oftentimes, when we are in the thick of it, we forget how magical it can be! Take pictures, save them for your children to see when they are older. You will want those memories. I promise you won't regret it!

38. Don't look at the scale—I didn't weigh myself unless I was at the doctor's office, and even then, I didn't look at the scale. I literally walked backwards onto the scale. I didn't want to worry about something that I didn't have control over. I gain a good amount of weight during my pregnancies, whether I like it or not, and even though I gained almost the same amount with this pregnancy, it was different. I felt and looked different. If you are striving for a healthy lifestyle during pregnancy, then you need to stop worrying about the weight. You have your entire life to be fit and lean. Take these nine months to let pregnancy embrace your body.

39. Grace—Give yourself a break. It is so easy to let guilt get the best of you. Especially if you are feeling gross and you have other kids to take care of. You are growing a human. INSIDE YOU! The laundry can wait. The dishes don't need to be done. Don't be so hard on yourself. This is a very small sliver of your lifetime. Soak it up girlfriend.

40. Self-worth—I want to challenge you to do something every single day! I want you to look in the mirror and look into your eyes. Then I want you to repeat this phrase, "I am strong. I am beautiful. I am enough. I can do hard things." You will probably feel funny at first, and you might cry. Cry it out, girl, because guess what? You NEED to hear that from yourself. Your mind will never be satisfied hearing it from others. That is why we are constantly judging ourselves and comparing. It is time that we become a bit kinder to ourselves. The words we say have more impact on ourselves subconsciously than any other word from any other human being. Your words can slowly destroy you. It's time you start speaking to yourself. Tell yourself how proud you are, how incredible that body of yours is. Your little babe inside you will feel that positive energy, and it will be such a peaceful home for it to grow in.

# Let's Workout!

You will notice that this workout program is unlike any other out there. It is not designed to help you lose weight, become bulky, or lean out. After all, you are growing a child. Every single movement in this workout program is specialized for pregnancy. This program was carefully designed to help you achieve the best pregnancy you could ever have! It was created for you and will be monitored by you! It will give you the freedom to do as little as you feel appropriate, while also giving you all the tools you need to have great, challenging workouts that can aid in a fit and healthy pregnancy.

Although some argue that some abdominal exercises may be “okay” for pregnancy, I have chosen to leave them out completely because of the increased risk of Diastasis Recti occurring when performing abdominal exercises. Diastasis Recti is a condition in which the large abdominal muscles separate. Most often caused by pregnancy and can be worsened if there is excess strain put on the abdominal muscles during pregnancy (i.e., ab exercises). You will see some “full body” movements, but those only affect the core muscles in a secondary way.

This program isn't just designed specifically for pregnancy, it's also designed to be simple yet effective. Each day is designed with two different workout circuits. Complete the first circuit, and if you want more, head over to the second one! Simplicity is KEY here.

Five rounds, 10 repetitions each movement, each circuit. EACH DAY.

A “circuit” is one completed round of all prescribed exercises in that particular set. There are two circuits prescribed per day.

A “round” is how many times you repeat each prescribed set of movements within that particular circuit. Every circuit has five prescribed rounds.

A “repetition” is how many times you repeat a particular movement within a round before moving onto the next movement. Each exercise calls for 10 repetitions or 5 repetitions per side.

Not sure what each movement means or how to do it properly? Make sure to look at all the pictures carefully, and head to the back of the guide for a complete glossary and explanation of each movement.

**BEFORE YOU START:** Get yourself some weights. Purchase the 3, 5, 8-pound hand-weight set! I am using 10-pound dumbbells in the photos. Purchase the 10-pound hand-weights. You can also try 3-pound or 5-pound weights at first, if you are worried it might be too much. Click here to purchase 5-pound hand-weights. I would rather you do the movements with the right form instead of sacrificing form for a heavy weight. You are going to workout with these weights in almost every workout. They are fairly cheap and a staple in any at-home gym (aka your family room)! Then make sure to purchase your workout bands! They come in a pack of 5 and are so great to take with you when you travel as well.

Grab some workout clothes, or my FAVORITE MATERNITY—that aren't really maternity but they are the best—LEGGINGS in all of planet earth!—or workout naked—I mean, you are in the comfort of your home—and get your workout on.

DON'T FORGET TO SHARE

If you love the program as much as I do, share with us and let's build a community. Use the hashtag #ssjpregofit and tag me @simplysadiiejane so we can all support each other on this beautiful journey!

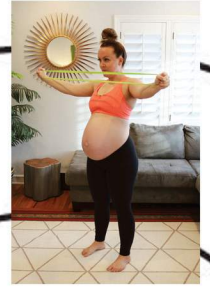
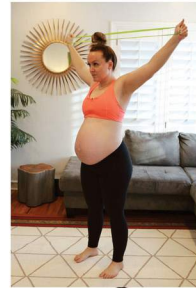
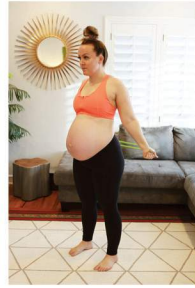
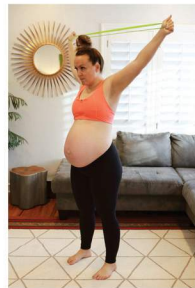
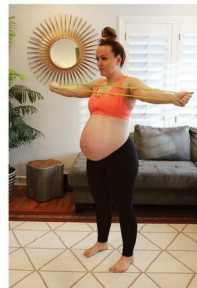
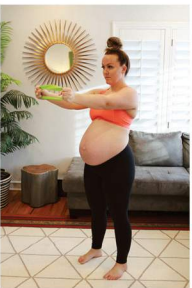
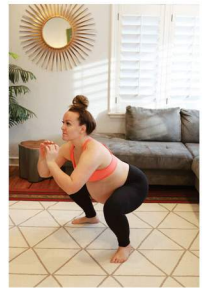
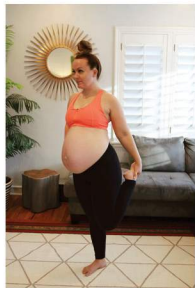
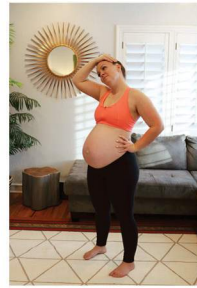
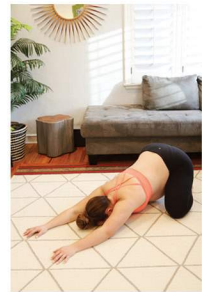
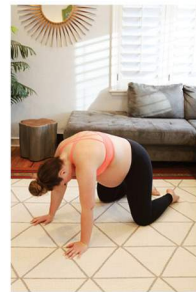
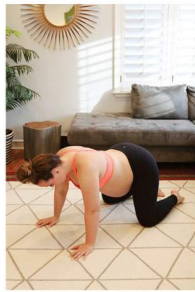


# Stretches

## TIME TO WARM UP

Make sure to do these movements 5-10 times each, nice and slow.

Also, I know this sounds crazy, but you don't want to stretch too much. The hormones produced during pregnancy (mostly the hormone Relaxin) make women's joints and ligaments more at risk for injury as they adjust to the new center of gravity. This time of adjustment for the body is a time when the back and pelvis can be vulnerable to possible strain and injury. If you stick to these simple warm-up movements, you will be ready to roll with the workouts!



# Monday: Week 1 & 13

Wall Sit with Dumbbell Curls  
One Legged Dumbbell Curl and Press  
Sumo Squat with Dumbbell Snatch  
Downward Dog  
Elevated Push-ups  
Jump Squats



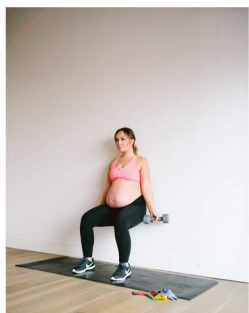
## Set 1

five  
rounds

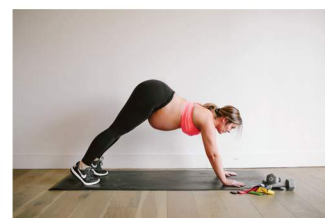
## Set 2

five  
rounds

10- Wall Sit with Dumbbell Curls



10- Downward Dog



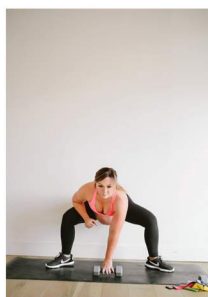
10- One Legged Dumbbell  
Curl and Press (5 each leg)



10- Elevated Push-ups



10- Sumo Squat with Dumbbell  
Snatch (5 each arm)



10- Jump Squats





# Wednesday: Week 1 & 13

Burpees

Dips

Frog Jumps

Squat Kick with Dumbbells

Dumbbell Push Press

Lunge with Dumbbells



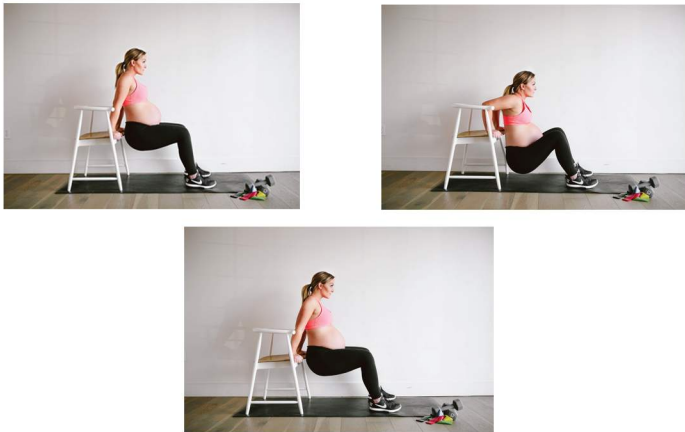
## Set 1

five  
rounds

10- Burpees



10- Dips



10- Frog Jumps



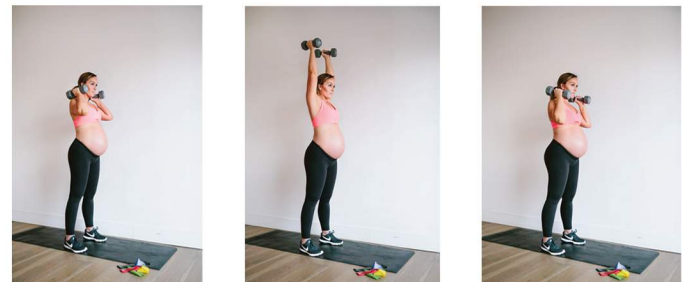
## Set 2

five  
rounds

10- Squat Kick with Dumbbells  
(5 each leg)



10- Dumbbell Push Press



10- Lunge with Dumbbells  
(5 each leg)





# Friday: Week 1 & 13

Jumping Jacks  
Reverse Flys  
Dumbbell Squats  
Waiter Carry Lunges  
Dumbbell Rows  
Curtsy Leg Squats



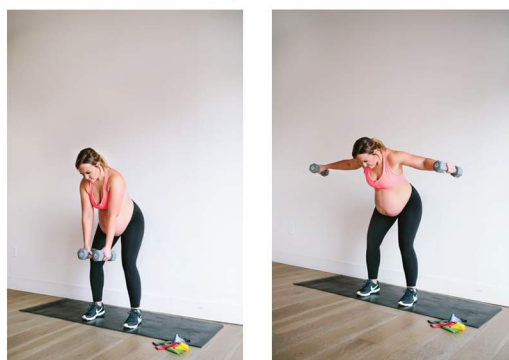
## Set 1

five  
rounds

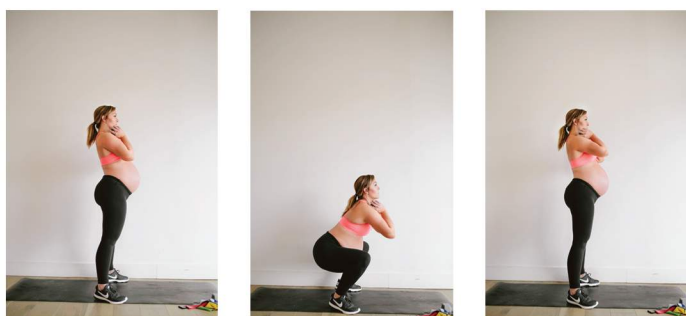
10- Jumping Jacks



10- Reverse Flys



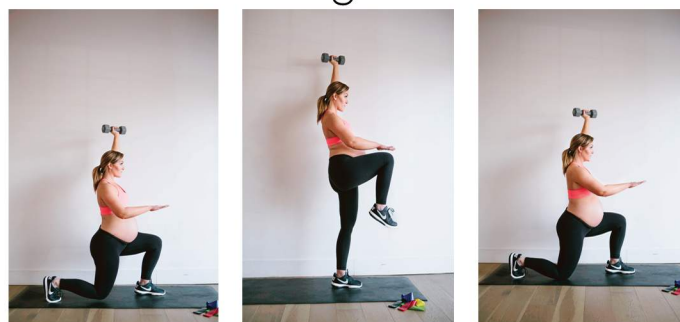
10- Dumbbell Squats



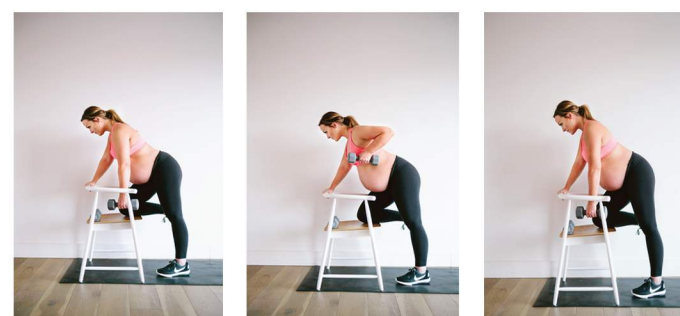
## Set 2

five  
rounds

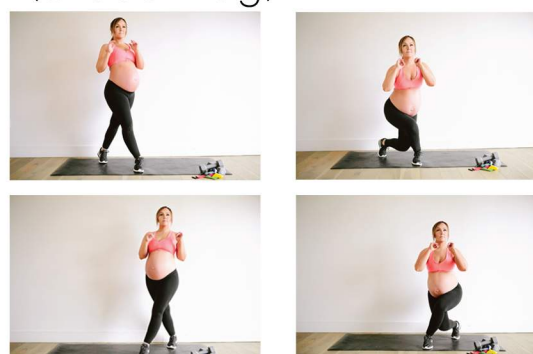
10- Waiter Carry Lunges  
(5 each leg)



10- Dumbbell Rows (5 each arm)



10- Curtsy Leg Squats  
(5 each leg)



# Monday: Week 2 & 14

Side Plank Arm Twists  
Dumbbell Clean and Jerk  
RDL with Dumbbells  
Sumo Squat with Dumbbells  
Dumbbell Side Lateral Raises  
Banded Leg Lifts



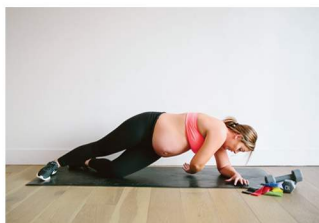
## Set 1

five  
rounds

## Set 2

five  
rounds

10- Side Plank Arm Twists  
(5 on each side)



10- Sumo Squat with Dumbbells



10- Dumbbell Clean and Jerk



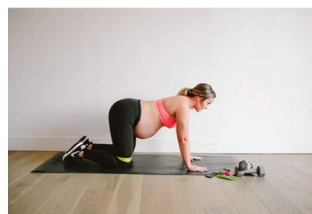
10- Dumbbell Side Lateral Raises  
(5 each arm)



10- RDL with Dumbbells  
(5 each leg)



10- Banded Leg Lifts  
(5 each leg)



# Wednesday: Week 2 & 14

Mountain Climbers  
Dumbbell Tricep Kickbacks  
Back Lunge with Forward Kick  
Dumbbell Side Hinges  
Overhead Tricep Extensions  
Side-to-Side Dumbbell Lunges



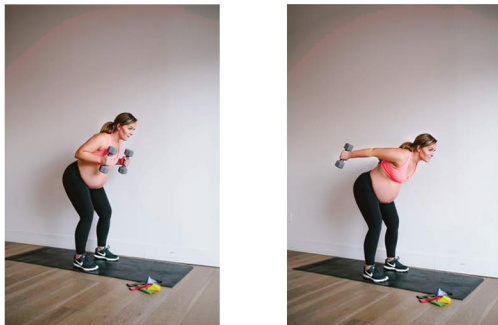
## Set 1

five  
rounds

10- Mountain Climbers  
(5 each leg)



10- Dumbbell Tricep Kickbacks



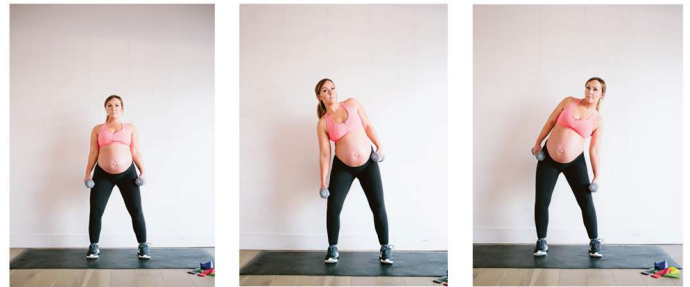
10- Back Lunge with Forward Kick  
(5 each leg)



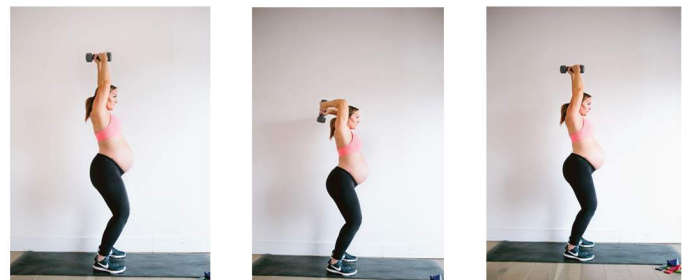
## Set 2

five  
rounds

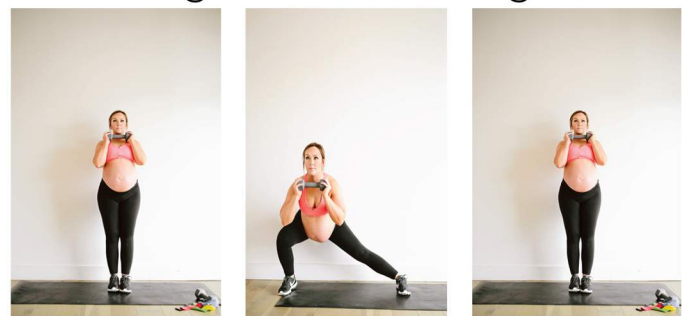
10- Dumbbell Side Hinges  
(5 each side)



10- Overhead Tricep Extensions



10- Side-to-Side Dumbbell Lunges  
(5 each leg)





# Friday: Week 2 & 14

High Knees  
Arm Curls  
Pistol Squats  
Crossover Knee-ups  
Press with Crossover Punches  
Weighted Chair Crossovers



## Set 1

five  
rounds

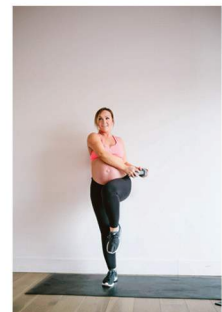
## Set 2

five  
rounds

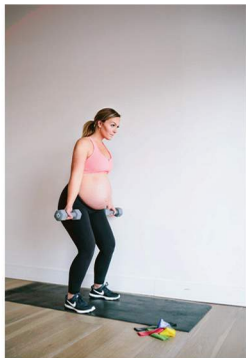
10- High Knees (5 each leg)



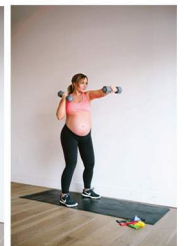
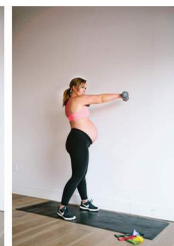
10- Crossover Knee-ups  
(5 each leg)



10- Arm Curls



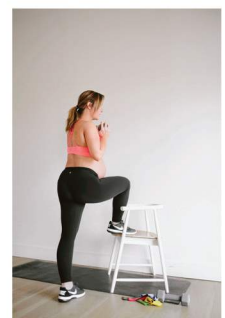
10- Press with Crossover Punches



10- Pistol Squats (5 each leg)



10- Weighted Chair Crossovers  
(5 each leg)



# Monday: Week 3 & 15

Waiter Carry Lunges  
One Legged Dumbbell Curl and Press  
Arm and Leg Extensions  
Mountain Climbers  
Overhead Tricep Extensions  
Leg Raise Lunges



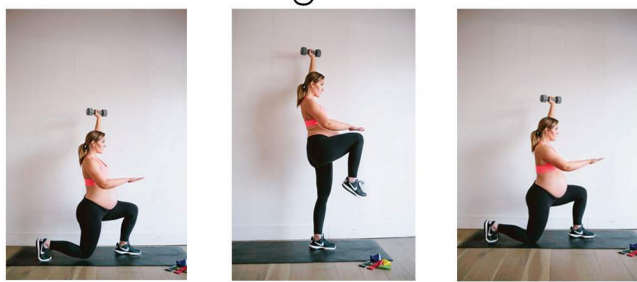
## Set 1

five  
rounds

## Set 2

five  
rounds

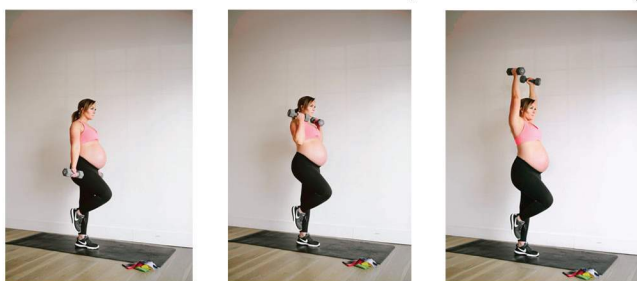
10- Waiter Carry Lunges  
(5 each leg)



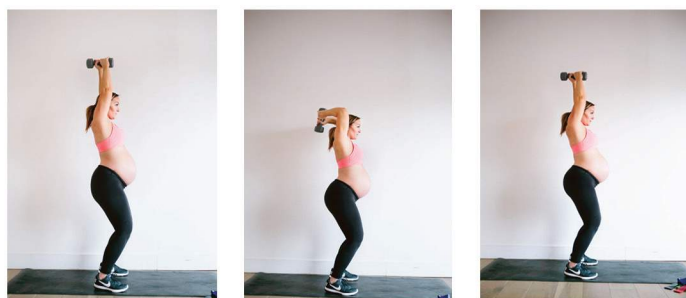
10- Mountain Climbers  
(5 each leg)



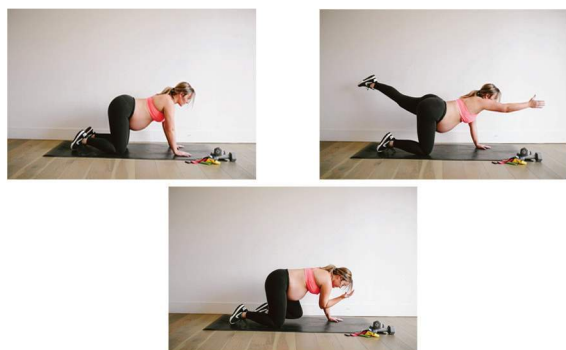
10- One Legged Dumbbell  
Curl and Press (5 each leg)



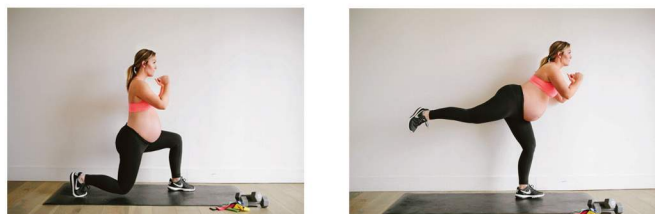
10- Overhead Tricep Extensions



10- Arm and Leg Extensions  
(5 each leg)



10- Leg Raise Lunges  
(5 each leg)



# Wednesday: Week 3 & 15

Burpees

Kneeling Dumbbell Front Raises

Elevated Leg Raises

Wall Sit with Dumbbell Curls

Dumbbell Side Lateral Raises

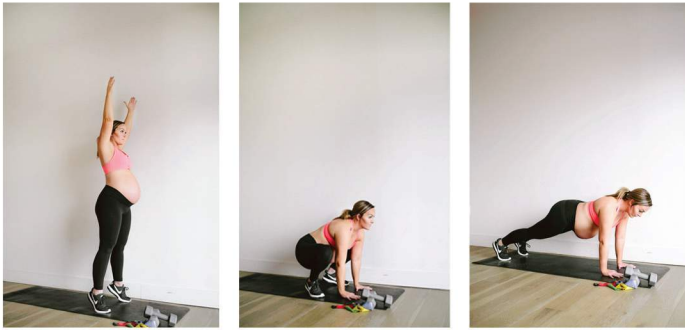
Hip Extensions



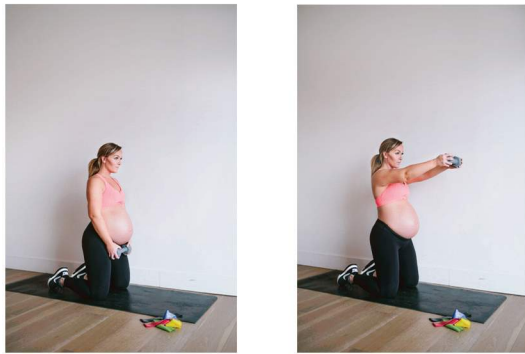
## Set 1

five rounds

### 10- Burpees



### 10- Kneeling Dumbbell Front Raises



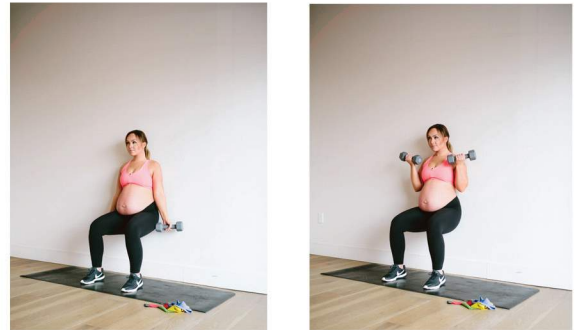
### 10- Elevated Leg Raises (5 each leg)



## Set 2

five rounds

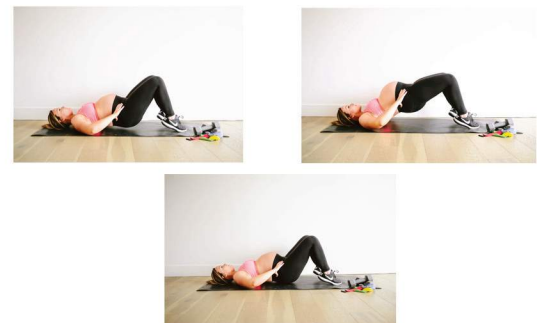
### 10- Wall Sit with Dumbbell Curls



### 10- Dumbbell Side Lateral Raises (5 each arm)



### 10- Hip Extensions





# Friday: Week 3 & 15

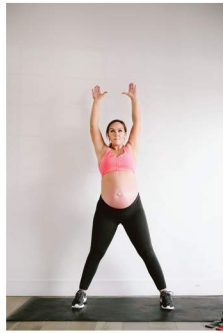
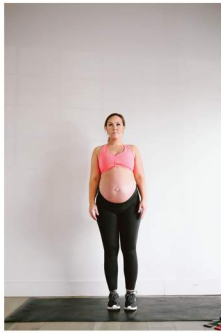
Jumping Jacks  
Dips  
Banded Leg Extensions  
High Knees  
Elevated Push-ups  
Curtsy Leg Squats



## Set 1

five  
rounds

### 10- Jumping Jacks



### 10- Dips



### 10- Banded Leg Extensions (5 each leg)



## Set 2

five  
rounds

### 10- High Knees (5 each leg)



### 10- Elevated Push-ups



### 10- Curtsy Leg Squats (5 each leg)



# Monday: Week 4 & 16

Downward Dog  
Dumbbell Clean and Jerk  
Banded Side Leg Raises  
Crossover Knee-ups  
Kneeling Dumbbell Front Raises  
Banded Knee Pulses



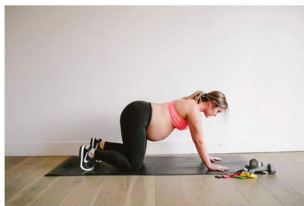
## Set 1

five  
rounds

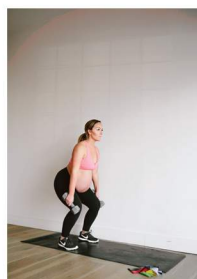
## Set 2

five  
rounds

10- Downward Dog



10- Dumbbell Clean and Jerk



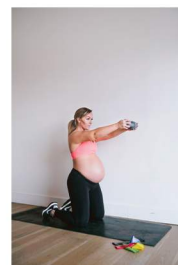
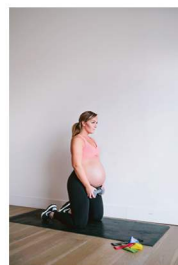
10- Banded Side Leg Raises  
(5 each leg)



10- Crossover Knee-ups  
(5 each leg)



10- Kneeling Dumbbell Front Raises



10- Banded Knee Pulses



# Wednesday: Week 4 & 16

Side Plank Arm Twists  
Elevated Push-ups  
Jump Squats  
Waiter Carry Lunges  
Reverse Flys  
RDL with Dumbbells



## Set 1

five  
rounds

10- Side Plank Arm Twists  
(5 each side)



10- Elevated Push-ups



10- Jump Squats



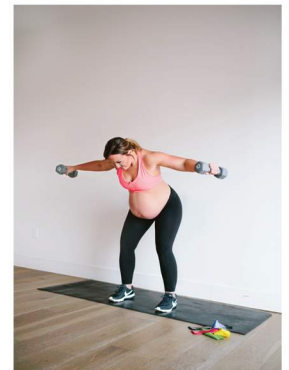
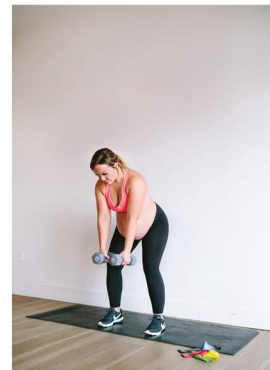
## Set 2

five  
rounds

10- Waiter Carry Lunges  
(5 each leg)



10- Reverse Flys



10- RDL with Dumbbells  
(5 each leg)





# Friday: Week 4 & 16

Sumo Squat with Dumbbells  
Arm Curls  
One Legged Hip Extensions  
Squat Kick with Dumbbells  
Press with Crossover Punches  
Lunge with Dumbbells



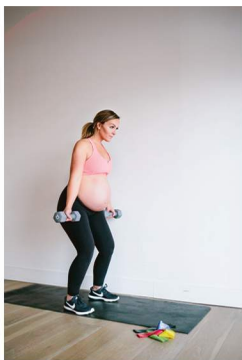
## Set 1

five  
rounds

10- Sumo Squat with Dumbbells



10- Arm Curls



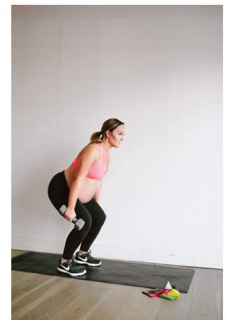
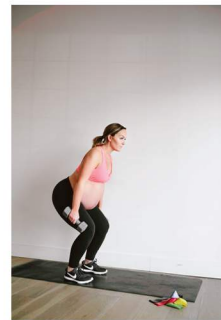
10- One Legged Hip Extensions  
(5 each leg)



## Set 2

five  
rounds

10- Squat Kick with Dumbbells  
(5 each leg)



10- Press with Crossover Punches



10- Lunge with Dumbbells  
(5 each leg)



# Monday: Week 5 & 17

Dumbbell Side Hinges  
Dumbbell Clean and Jerk  
Side-to-Side Dumbbell Lunges  
Side Plank Arm Twists  
Dumbbell Rows  
Back Lunge with Forward Kick



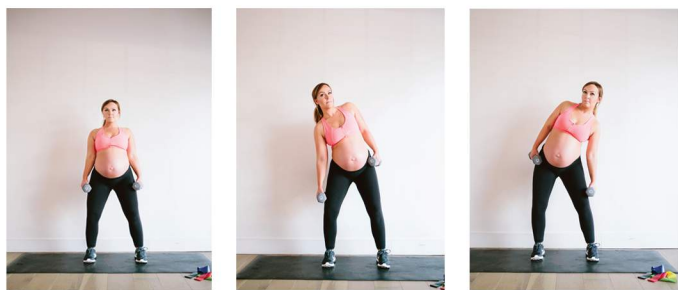
## Set 1

five  
rounds

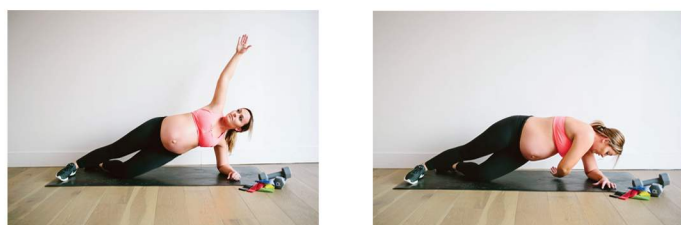
## Set 2

five  
rounds

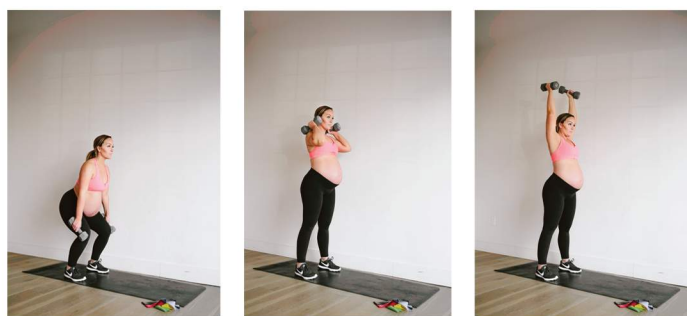
10- Dumbbell Side Hinges  
(5 on each side)



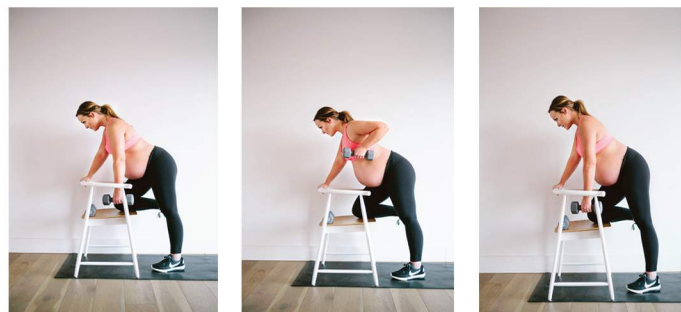
10- Side Plank Arm Twists  
(5 each side)



10- Dumbbell Clean and Jerk



10- Dumbbell Rows (5 each arm)



10- Side-to-Side Dumbbell Lunges  
(5 each leg)



10- Back Lunge with Forward Kick  
(5 each leg)



# Wednesday: Week 5 & 17

Jumping Jacks  
Dumbbell Push Press  
Dumbbell Squats  
Side Plank Arm Twists  
Dumbbell Side Lateral Raises  
Pistol Squats



## Set 1

five  
rounds

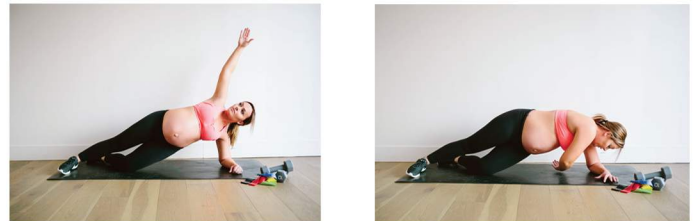
## Set 2

five  
rounds

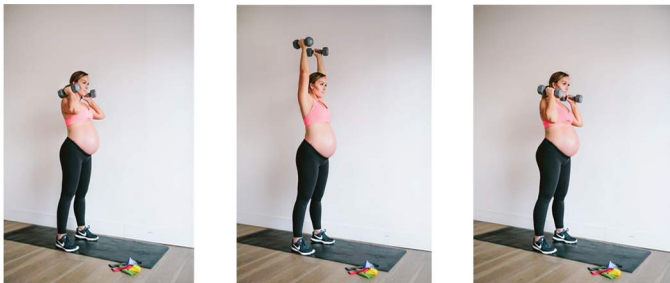
10- Jumping Jacks



10- Side Plank Arm Twists  
(5 each side)



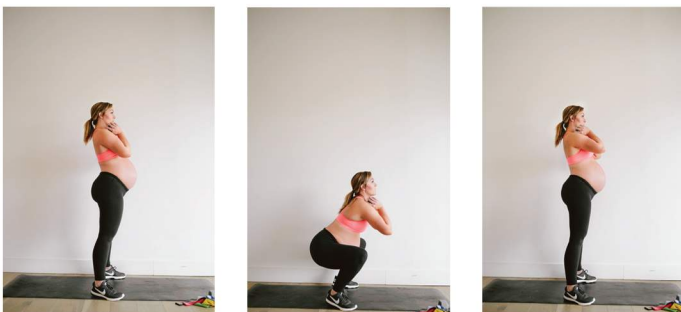
10- Dumbbell Push Press



10- Dumbbell Side Lateral  
Raises (5 each arm)



10- Dumbbell Squats



10- Pistol Squats (5 each leg)





# Friday: Week 5 & 17

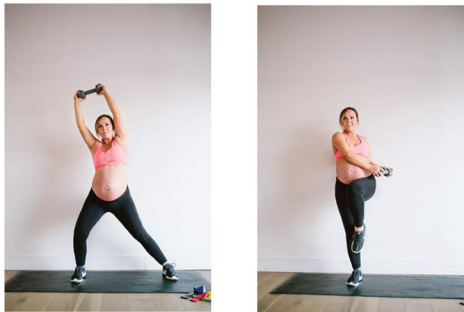
Crossover Knee-ups  
Elevated Push-ups  
Banded Leg Lifts  
Waiter Carry Lunges  
Dumbbell Clean and Jerk  
Banded Knee Pulses



## Set 1

five  
rounds

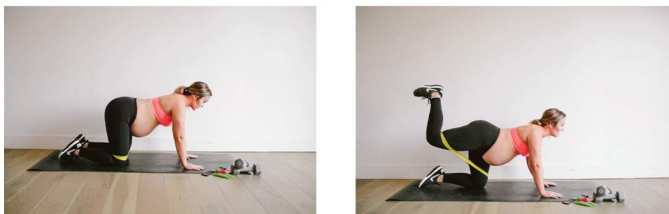
10- Crossover Knee-ups  
(5 each leg)



10- Elevated Push-ups



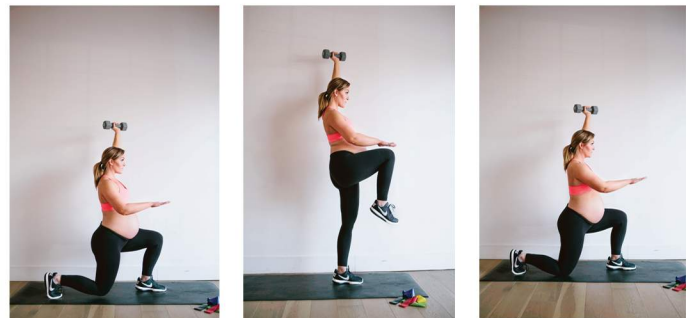
10- Banded Leg Lifts  
(5 each leg)



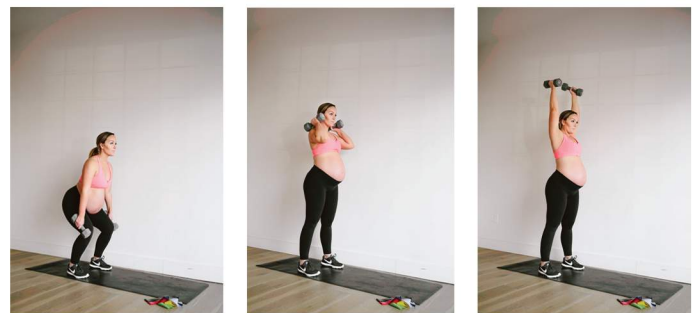
## Set 2

five  
rounds

10- Waiter Carry Lunges  
(5 each leg)



10- Dumbbell Clean and Jerk



10- Banded Knee Pulses



# Monday: Week 6 & 18

Squat Kick with Dumbbells  
Dumbbell Rows  
RDL with Dumbbells  
High Knees  
Overhead Tricep Extensions  
One Legged Hip Extensions



## Set 1

five  
rounds

## Set 2

five  
rounds

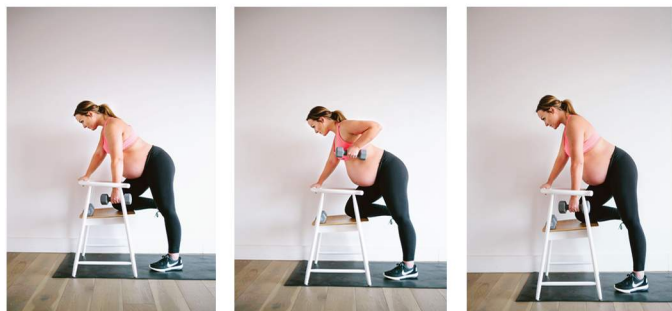
10- Squat Kick with Dumbbells  
(5 on each side)



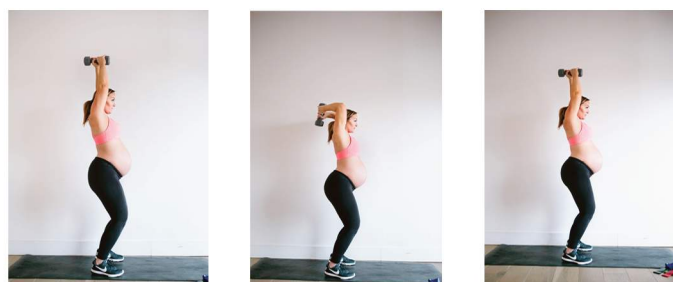
10- High Knees (5 each leg)



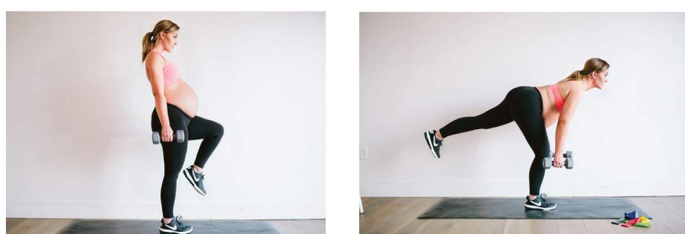
10- Dumbbell Rows  
(5 each arm)



10- Overhead Tricep Extensions



10- RDL with Dumbbells  
(5 each leg)



10- One Legged Hip Extensions  
(5 each leg)



# Wednesday: Week 6 & 18

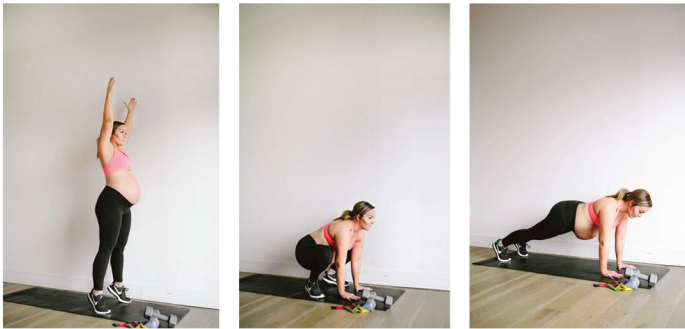
Burpees  
Dumbbell Side Lateral Raises  
Sumo Squat with Dumbbell Snatch  
Downward Dog  
Press with Crossover Punches  
Frog Jumps



## Set 1

five  
rounds

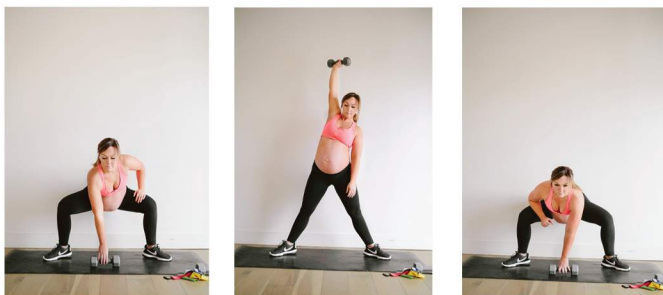
### 10- Burpees



### 10- Dumbbell Side Lateral Raises (5 each arm)



### 10- Sumo Squat with Dumbbell Snatch (5 each arm)



## Set 2

five  
rounds

### 10- Downward Dog



### 10- Press with Crossover Punches



### 10- Frog Jumps





# Friday: Week 6 & 18

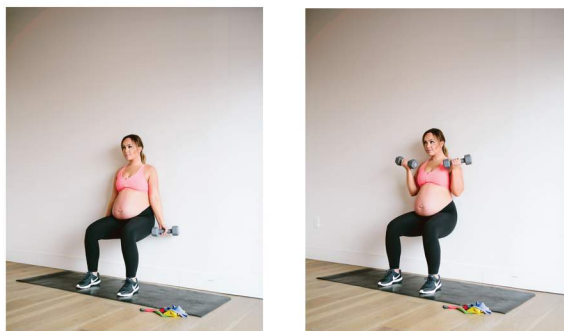
Wall Sit with Dumbbell Curls  
One Legged Dumbbell Curl and Press  
Leg Raise Lunges  
Waiter Carry Lunges  
Dips  
Banded Leg Extensions



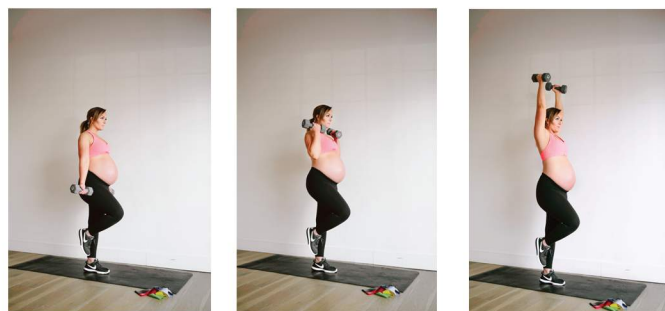
## Set 1

five  
rounds

10- Wall Sit with Dumbbell Curls



10- One Legged Dumbbell Curl and Press (5 each leg)



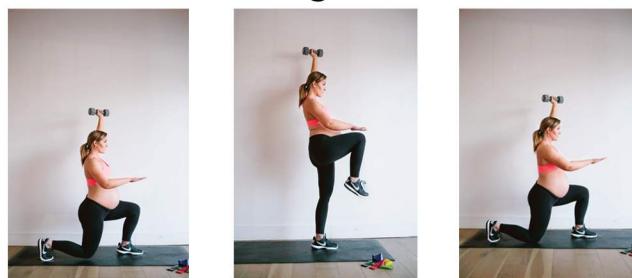
10- Leg Raise Lunges (5 each leg)



## Set 2

five  
rounds

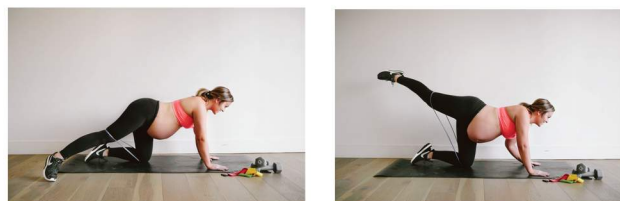
10- Waiter Carry Lunges (5 each leg)



10- Dips



10- Banded Leg Extensions (5 each leg)



# Monday: Week 7 & 19

Downward Dog  
Dumbbell Tricep Kickbacks  
Frog Jumps  
High Knees  
Overhead Tricep Extensions  
Banded Side Leg Raises



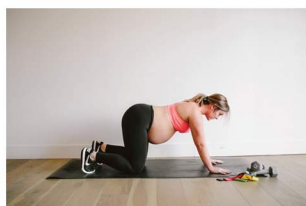
## Set 1

five  
rounds

## Set 2

five  
rounds

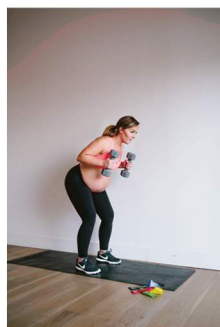
10- Downward Dog



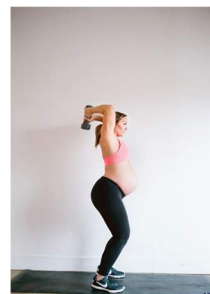
10- High Knees (5 each leg)



10- Dumbbell Tricep Kickbacks



10- Overhead Tricep Extensions



10- Frog Jumps



10- Banded Side Leg Raises  
(5 each leg)



# Wednesday: Week 7 & 19

Waiter Carry Lunges

Dumbbell Rows

Weighted Chair Crossovers

Mountain Climbers

Kneeling Dumbbell Front Raises

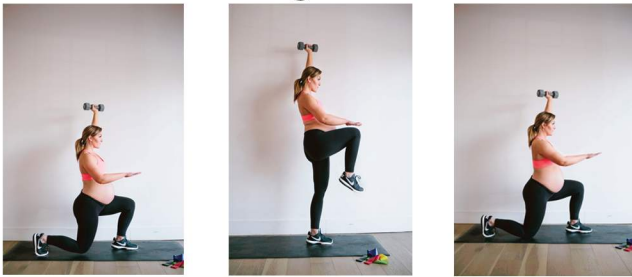
Dumbbell Squats



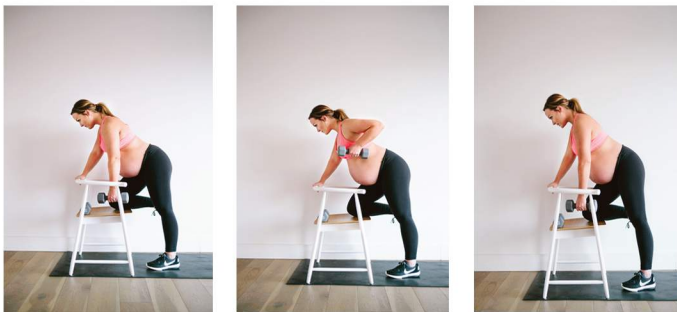
## Set 1

five rounds

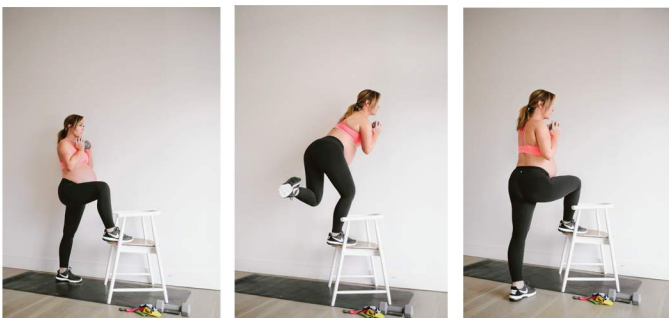
10- Waiter Carry Lunges  
(5 each leg)



10- Dumbbell Rows  
(5 each arm)



10- Weighted Chair Crossovers  
(5 each leg)



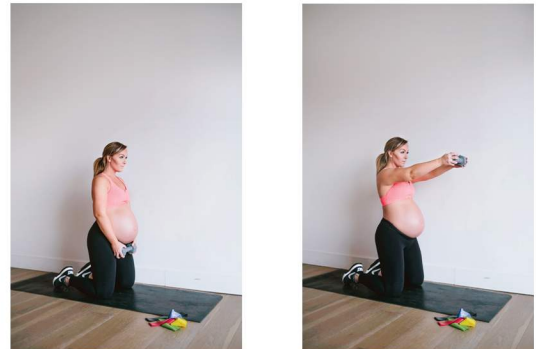
## Set 2

five rounds

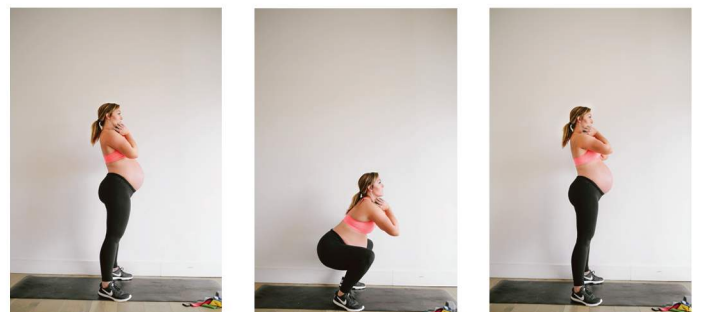
10- Mountain Climbers  
(5 each leg)



10- Kneeling Dumbbell Front Raises



10- Dumbbell Squats





# Friday: Week 7 & 19

Burpees  
Dumbbell Rows  
Hip Extensions  
Dumbbell Side Hinges  
Dumbbell Side Lateral Raises  
Side-to-Side Dumbbell Lunges



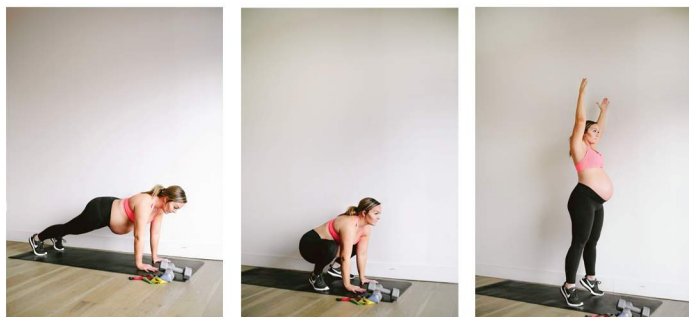
## Set 1

five  
rounds

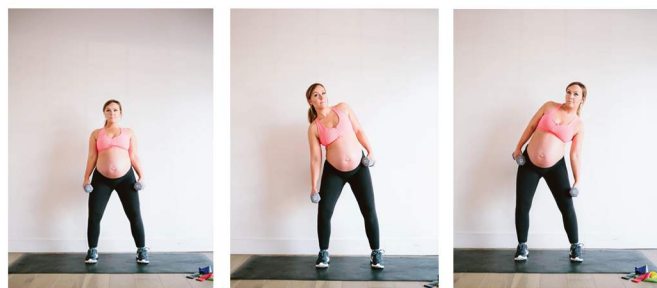
## Set 2

five  
rounds

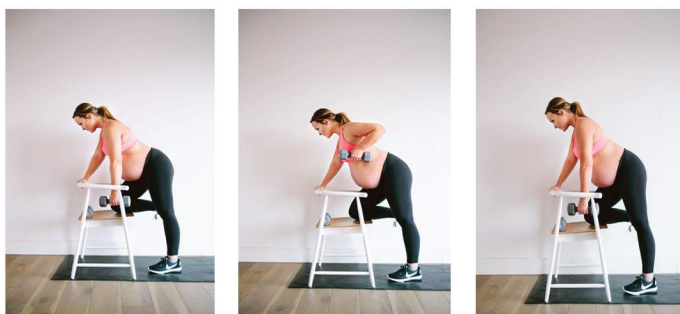
### 10- Burpees



### 10- Dumbbell Side Hinges (5 each side)



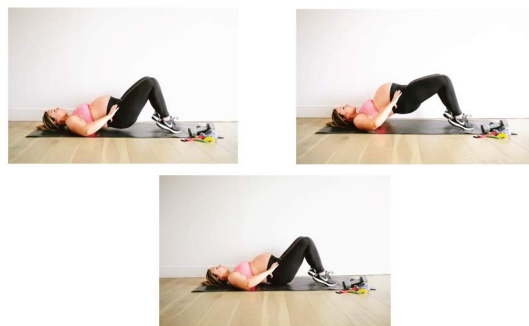
### 10- Dumbbell Row (5 each arm)



### 10- Dumbbell Side Lateral Raises (5 each arm)



### 10- Hip Extensions



### 10- Side-to-Side Dumbbell Lunges (5 each leg)



# Monday: Week 8 & 20

Burpees  
Reverse Flys  
Banded Leg Extensions  
Waiter Carry Lunges  
Dumbbell Rows  
Dumbbell Squats



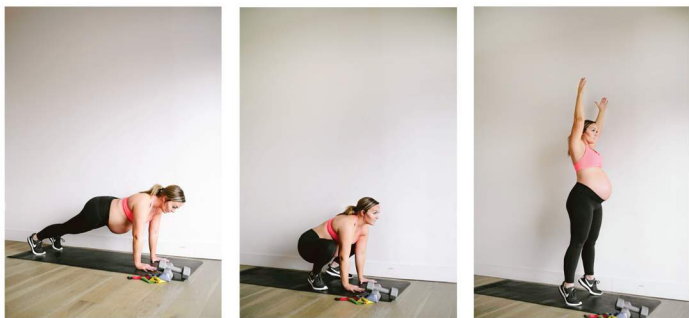
## Set 1

five  
rounds

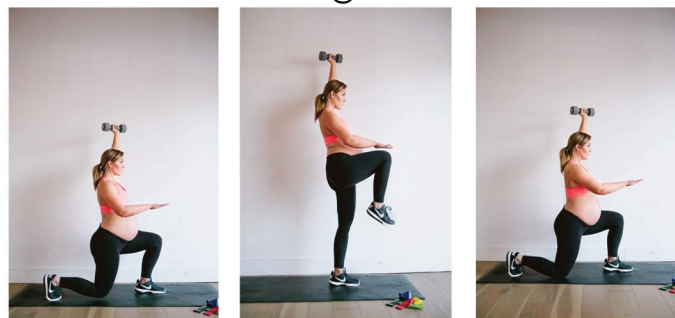
## Set 2

five  
rounds

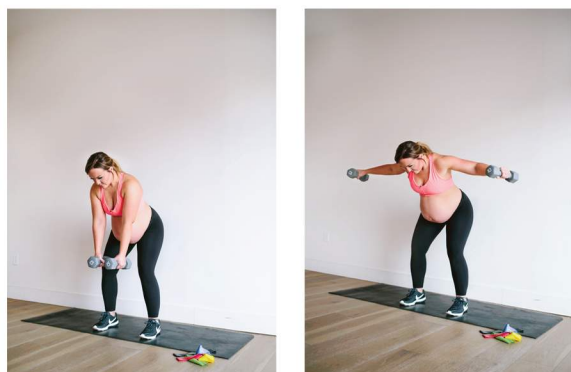
### 10- Burpees



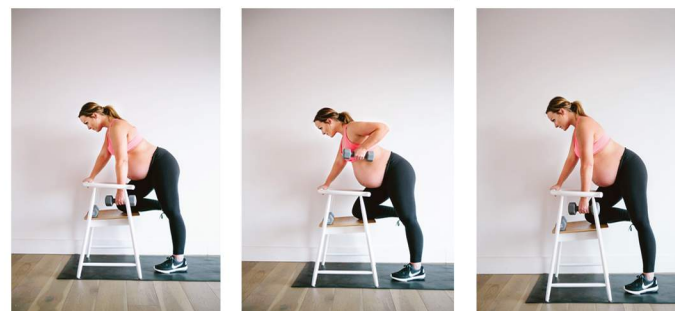
### 10- Waiter Carry Lunges (5 each leg)



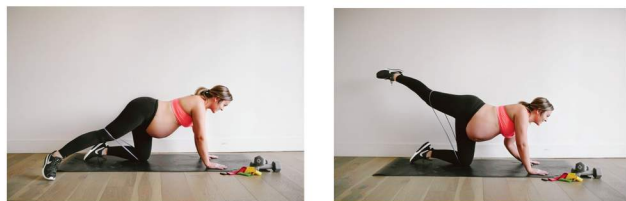
### 10- Reverse Flys



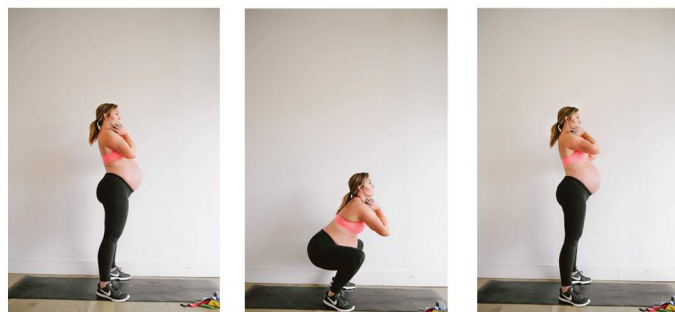
### 10- Dumbbell Rows (5 each arm)



### 10- Banded Leg Extensions (5 each leg)



### 10- Dumbbell Squats



# Wednesday: Week 8 & 20

Crossover Knee-ups  
Elevated Push-ups  
Elevated Leg Raises  
Side Plank Arm Twists  
One Legged Dumbbell Curl and Press  
RDL with Dumbbells



## Set 1

five  
rounds

10- Crossover Knee-ups  
(5 each leg)



10- Elevated Push-ups



10- Elevated Leg Raises  
(5 each leg)



## Set 2

five  
rounds

10- Side Plank Arm Twists  
(5 on each side)



10- One Legged Dumbbell  
Curl & Press (5 each leg)



10- RDL with Dumbbells  
(5 each leg)





# Friday: Week 8 & 20

Jumping Jacks

Dips

Sumo Squat with Dumbbell Snatch

Sumo Squat with Dumbbells

Dumbbell Side Lateral Raises

Lunge with Dumbbells



## Set 1

five  
rounds

## Set 2

five  
rounds

10- Jumping Jacks



10- Sumo Squat with Dumbbells



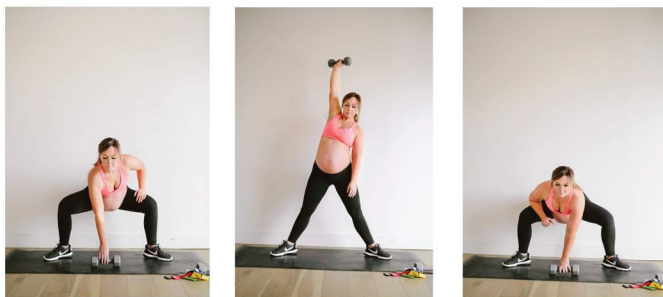
10- Dips



10- Dumbbell Side Lateral Raises (5 each arm)



10- Sumo Squat with Dumbbell Snatch (5 each arm)



10- Lunge with Dumbbells (5 each leg)



# Monday: Week 9 & 21

Wall Sit with Dumbbell Curls  
Dips  
Banded Knee Pulses  
Mountain Climbers  
Kneeling Dumbbell Front Raises  
Pistol Squats



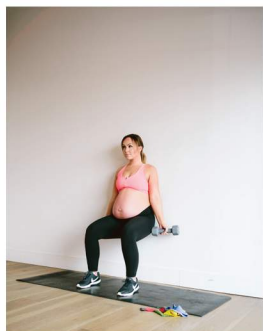
## Set 1

five  
rounds

## Set 2

five  
rounds

10- Wall Sit with Dumbbell Curls



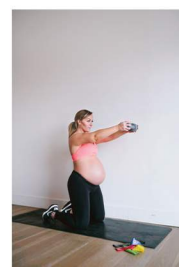
10- Mountain Climbers  
(5 each leg)



10- Dips



10- Kneeling Dumbbell Front Raises



10- Banded Knee Pulses



10- Pistol Squats (5 each leg)



# Wednesday: Week 9 & 21

Jumping Jacks  
Dumbbell Clean and Jerk  
Banded Side Leg Raises  
Burpees  
Elevated Push-ups  
Arm and Leg Extensions



## Set 1

five  
rounds

## Set 2

five  
rounds

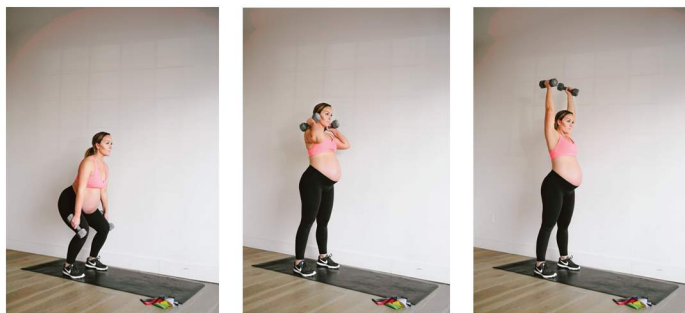
### 10- Jumping Jacks



### 10- Burpees



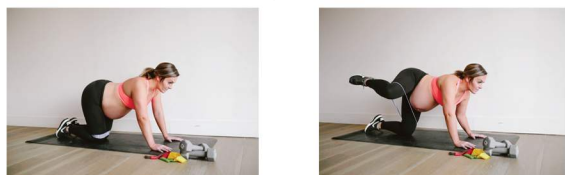
### 10- Dumbbell Clean and Jerk



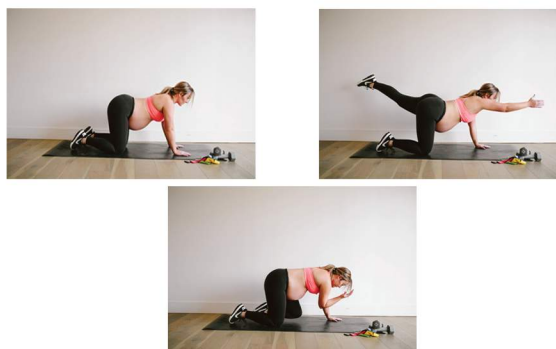
### 10- Elevated Push-ups



### 10- Banded Side Leg Raises (5 each leg)



### 10- Arm and Leg Extensions (5 each leg)





# Friday: Week 9 & 21

Squat Kick with Dumbbells  
Dumbbell Push Press  
Frog Jumps  
Dumbbell Side Hinges  
Overhead Tricep Extensions  
Hip Extensions



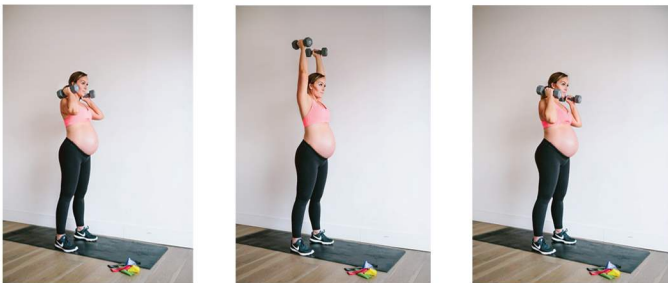
## Set 1

five  
rounds

10- Squat Kick with Dumbbells  
(5 each leg)



10- Dumbbell Push Press



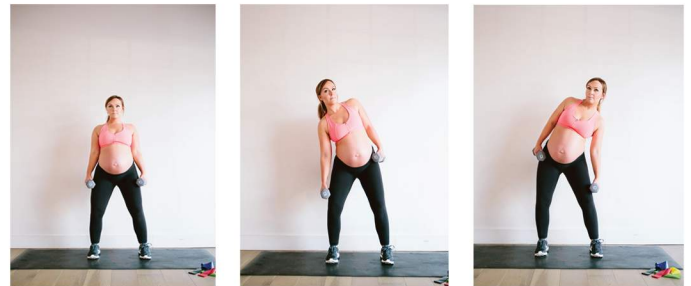
10- Frog Jumps



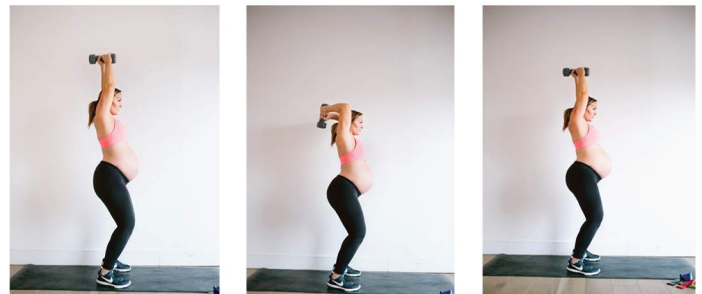
## Set 2

five  
rounds

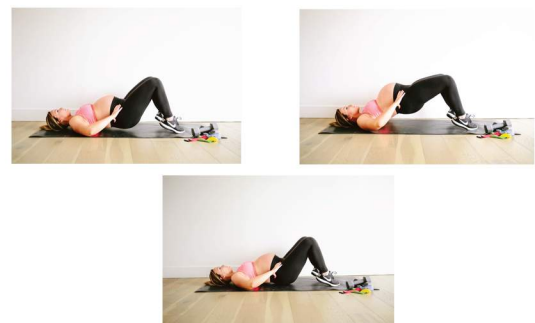
10- Dumbbell Side Hinges  
(5 on each side)



10- Overhead Tricep Extensions



10- Hip Extension



# Monday: Week 10 & 22

Mountain Climbers  
Arm Curls  
Weighted Chair Crossovers  
Squat Kick with Dumbbells  
Press with Crossover Punches  
Elevated Leg Raises



## Set 1

five  
rounds

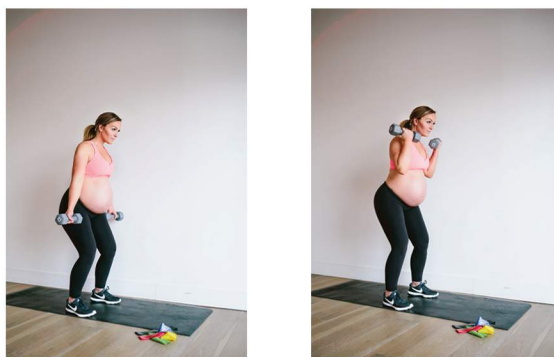
## Set 2

five  
rounds

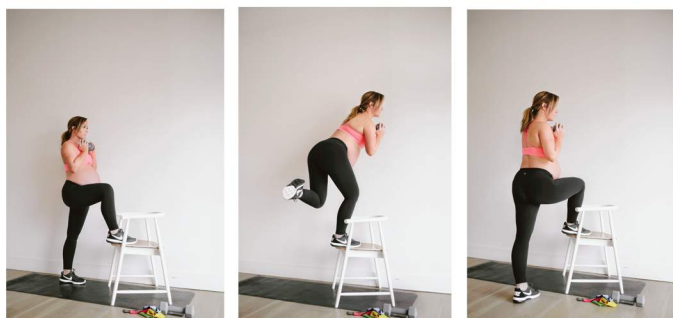
10- Mountain Climbers  
(5 each leg)



10- Arm Curls



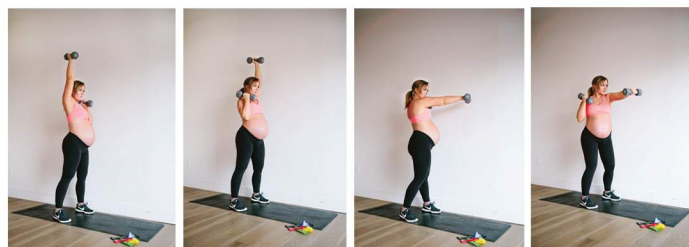
10- Weighted Chair Crossovers  
(5 each leg)



10- Squat Kick with Dumbbells  
(5 each leg)



10- Press with Crossover Punches



10- Elevated Leg Raises  
(5 each leg)



# Wednesday: Week 10 & 22

Side Plank Arm Twists  
Dips  
Jump Squats  
Sumo Squat with Dumbbells  
Elevated Push-ups  
One Legged Hip Extensions



## Set 1

five  
rounds

## Set 2

five  
rounds

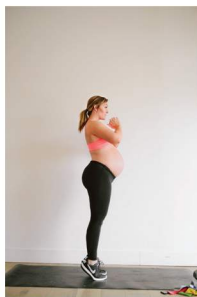
10- Side Plank Arm Twists  
(5 each side)



10- Dips



10- Jump Squats



10- Sumo Squat with Dumbbells



10- Elevated Push-ups



10- One Legged Hip Extensions  
(5 each leg)





# Friday: Week 10 & 22

Downward Dog  
Dumbbell Tricep Kickbacks  
Lunge with Dumbbells  
Squat Kick with Dumbbells  
Reverse Flys  
Banded Leg Extensions



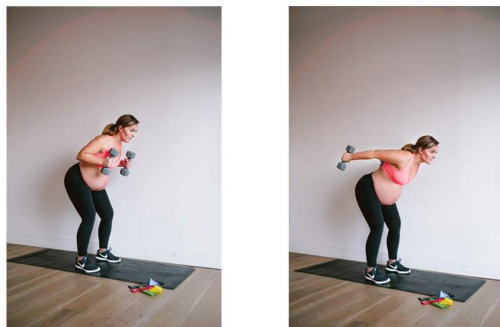
## Set 1

five  
rounds

10- Downward Dog



10- Dumbbell Tricep Kickbacks



10- Lunge with Dumbbells  
(5 each leg)



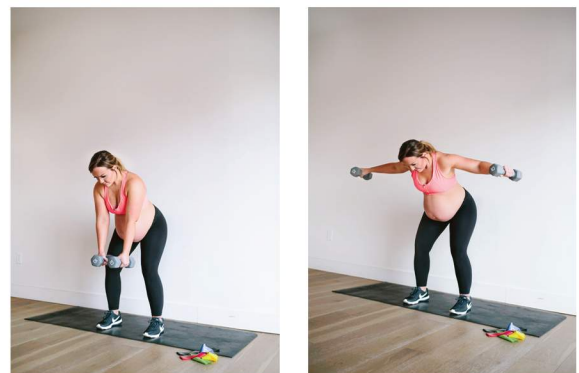
## Set 2

five  
rounds

10- Squat Kick with Dumbbells  
(5 each leg)



10- Reverse Flys



10- Banded Leg Extensions  
(5 each leg)



# Monday: Week 11 & 23

High Knees

Reverse Flys

Sumo Squat with Dumbbell Snatch

Sumo Squat with Dumbbells

One Legged Dumbbell Curl and Press

Back Lunge with Forward Kick



## Set 1

five  
rounds

## Set 2

five  
rounds

10- High Knees (5 each leg)



10- Reverse Flys



10- Sumo Squat with Dumbbell Snatch (5 each arm)



10- Sumo Squat with Dumbbells



10- One Legged Dumbbell Curl and Press (5 each leg)



10- Back Lunge with Forward Kick (5 each leg)



# Wednesday: Week 11 & 23

Burpees  
Elevated Push-ups  
Dumbbell Squats  
Downward Dog  
Dumbbell Rows  
One Legged Hip Extensions



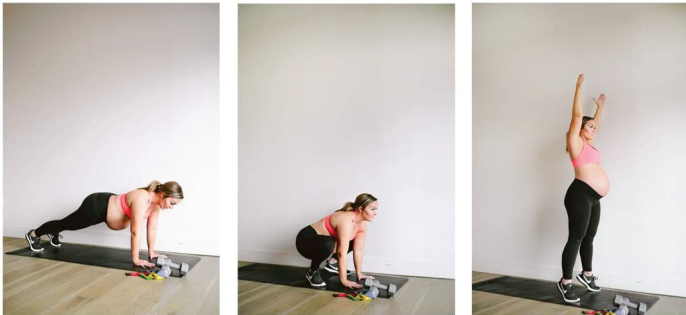
## Set 1

five  
rounds

## Set 2

five  
rounds

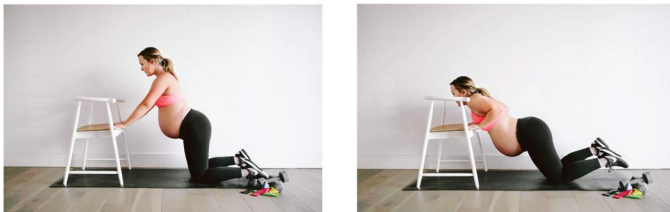
### 10- Burpees



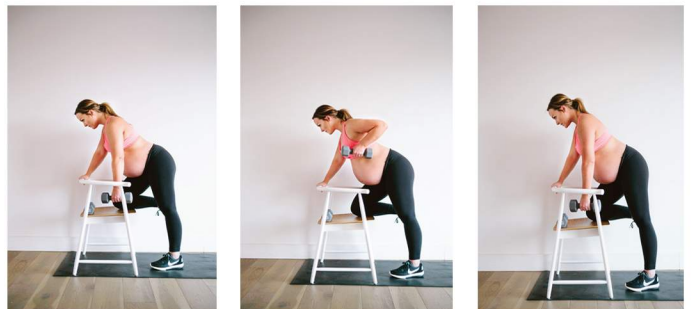
### 10- Downward Dog



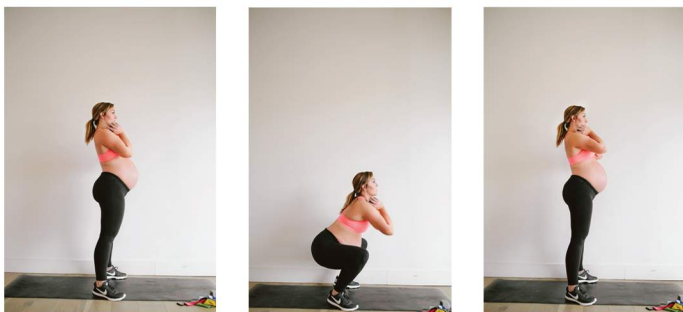
### 10- Elevated Push-ups



### 10- Dumbbell Rows (5 each arm)



### 10- Dumbbell Squats



### 10- One Legged Hip Extensions (5 each leg)





# Friday: Week 11 & 23

High Knees  
Arm Curls  
Leg Raise Lunges  
Mountain Climbers  
Kneeling Dumbbell Front Raises  
Banded Leg Lifts



## Set 1

five  
rounds

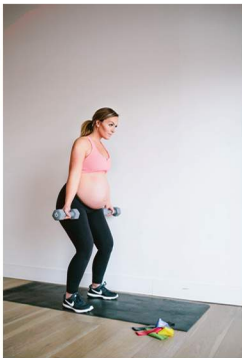
## Set 2

five  
rounds

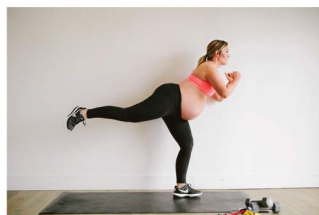
10- High Knees (5 each leg)



10- Arm Curls



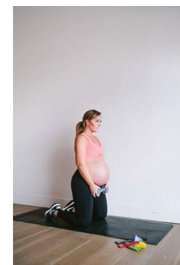
10- Leg Raise Lunges  
(5 each leg)



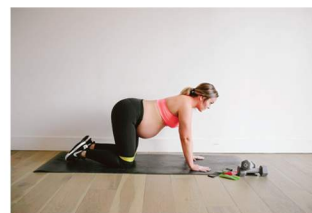
10- Mountain Climbers  
(5 each leg)



10- Kneeling Dumbbell Front Raises



10- Banded Leg Lifts  
(5 each leg)



# Monday: Week 12 & 24

Jumping Jacks  
Dips  
Arm and Leg Extensions  
Wall Sit with Dumbbell Curls  
Reverse Flys  
Frog Jumps



## Set 1

five  
rounds

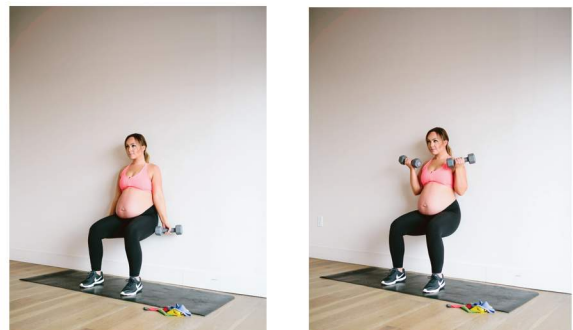
## Set 2

five  
rounds

### 10- Jumping Jacks



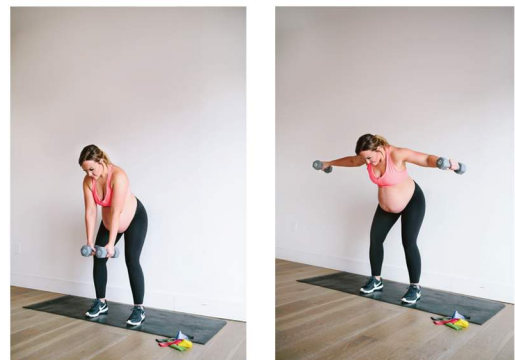
### 10- Wall Sit with Dumbbell Curls



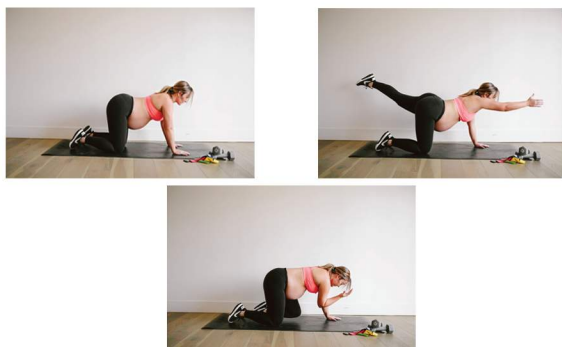
### 10- Dips



### 10- Reverse Flys



### 10- Arm and Leg Extensions (5 each leg)



### 10- Frog Jumps



# Wednesday: Week 12 & 24

Crossover Knee-ups  
Dumbbell Push Press  
Jump Squats  
Dumbbell Side Hinges  
Press with Crossover Punches  
RDL with Dumbbells



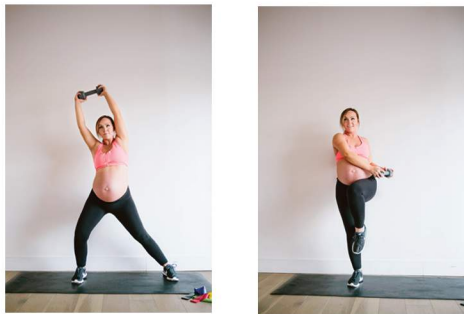
## Set 1

five  
rounds

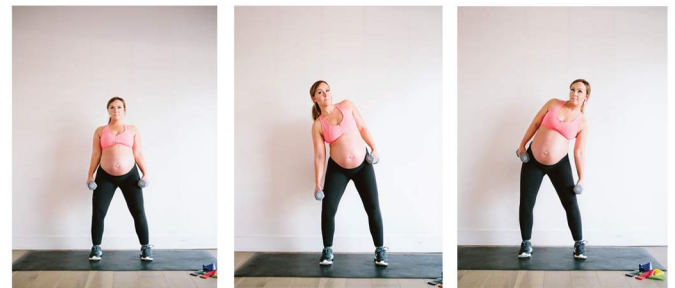
## Set 2

five  
rounds

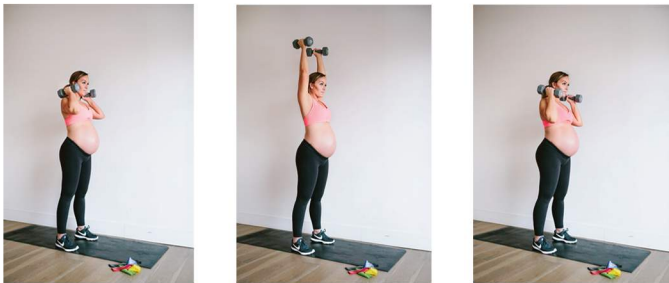
10- Crossover Knee-ups  
(5 each leg)



10- Dumbbell Side Hinges  
(5 each side)



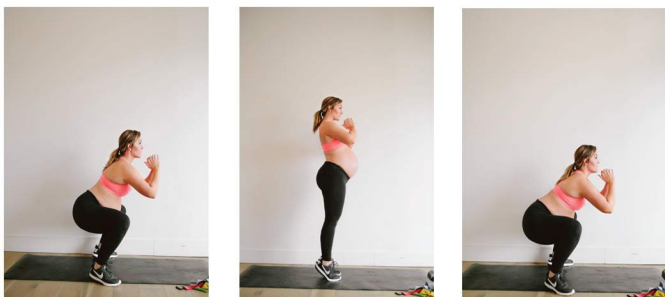
10- Dumbbell Push Press



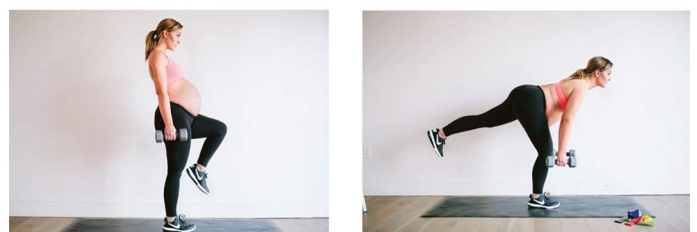
10- Press with Crossover Punches



10- Jump Squats



10- RDL with Dumbbells  
(5 each leg)





# Friday: Week 12 & 24

Wall Sit with Dumbbell Curls  
Arm Curls  
Weighted Chair Crossovers  
High Knees  
Dumbbell Tricep Kickbacks  
Curtsy Leg Squats



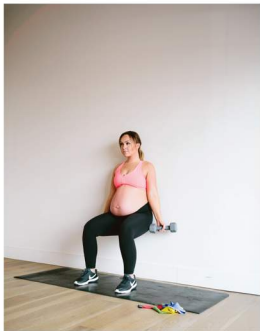
## Set 1

five  
rounds

## Set 2

five  
rounds

10- Wall Sit with Dumbbell Curls



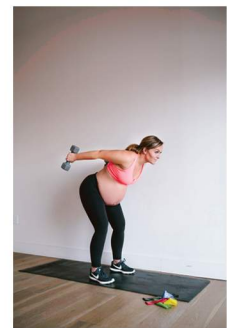
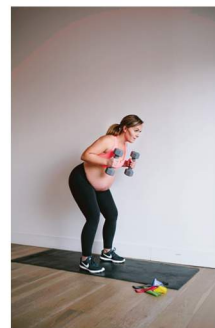
10- High Knees (5 each leg)



10- Mountain Climbers (5 each leg)



10- Dumbbell Tricep Kickbacks



10- Weighted Chair Crossovers (5 each leg)



10- Curtsy Leg Squats (5 each leg)



# Glossary

## Arm and Leg Extensions

Starting on your hands and knees, begin to shift weight onto one arm and the opposite leg. Lift the other arm and leg until straight out in front and behind you. Then slowly start to bring both your arm and leg back into your body by bending your elbow and knee. Keep them elevated above the ground, and draw them close to your stomach. Then slowly extend them back out for another rep. Perform this movement on one side repeatedly (depending on workout), and switch to other leg and arm.

## Arm Curls

Place a 10 pound weight in each hand, and rest arms down by your sides. Stand with your legs hip width apart with a slight bend in your knees. Turn your arms out so that the inside of your arm is facing forward. Bend at your elbows, and bring your arms up so the dumbbells touch your shoulders. Slowly lower them back to starting position. That is one rep. Repeat as workout requires.

## Banded Knee Pulses

Place the band strength of your choice above your knees, and stand with one hand supported on the wall. Place your toes together, and lift up onto your toes. Put a slight bend in your knees, and slowly open your knees while keeping your feet planted. Slowly close them. That is one rep. Repeat as workout requires.

## Banded Leg Extensions

Starting on your hands and knees, place the band strength of your choice right below your knees. Begin to shift weight evenly over shoulders and arms and onto bent knee. Straighten one leg out, slightly to the side of the body, in line with the shoulder. Begin to raise the straightened leg up and across your body at an angle so it ends above the opposite foot. Lower the leg slowly, and gently tap your toe onto the ground for one rep. Perform this movement on one leg repeatedly (depending on workout), and switch to other leg.

## Banded Leg Lifts

Starting on your hands and knees, place the band strength of your choice right above your knees. Begin to shift weight evenly over shoulders and arms and one leg. With the other leg, start to raise your foot into the air keeping your knee bent and leg tight and flexing. Ensure that you lower your leg back to starting position slowly and with control. Perform this movement on one leg repeatedly (depending on workout), and switch to other leg.





## Back Lunge with Forward Kick

Starting in a lunge position with back knee hovering over mat, transition weight to front foot and kick back leg forward for a forward kick. After kick, keep leg hovering, while placing it back into the lunge position. That is one rep. Stay in this position with this leg back until reps are completed. Repeat as workout requires.

## Banded Side Leg Raises

Starting on your hands and knees, place the band strength of your choice right above your knees. Begin to shift weight evenly over shoulders and arms and one leg. With the other leg, start to lift your knee up and to the outside of your body, while keeping your knee bent and leg tight and flexing. Ensure that you lower your leg back to starting position slowly and with control. Perform this movement on one leg repeatedly (depending on workout), and switch to other leg.

## Burpees

Start with your hands above your head and your body up on your toes. Transition your body to a crouching position with your hands shoulder width apart in front of your feet. Jump both of your feet back to a plank position for only a moment, and then immediately jump your feet back to the "crouching" position. Then lift back up onto your toes, and reach your hands high up in the air. That is one rep. Repeat as workout requires.

## Crossover Knee-ups

Place a 10 pound weight in between both hands, and raise arms above head. Lean off to one side with all weight on one leg; that leg should have a slight bend in it. While crossing dumbbell in front of body, lift straightened leg up toward stomach, while bending the knee. Touch dumbbell to hip and re-extend to starting position. That is one rep. Stay on this leg until all reps are completed. Repeat as workout requires.

## Curtsy Leg Squats

Start with your back leg crossed behind your front leg. Bend both knees, and bring back knee to a hovering position over mat. Straighten legs, while keeping feet in same position. Step back leg forward to meet the front leg, and now place opposite leg behind front leg on the other side. Repeat curtsy-like movement. That is one rep. Repeat as workout requires.

## Dips

Using a secure chair (if you place a chair on a yoga mat, it tends not to slip), place hands on the front corners of the chair and place feet in front of chair so that your knees are bent at a 90-degree angle. Start with your arms in a locked out straight position. Bend at the elbows, down to about a 90 degree angle with your arms, all while your back is staying close to the chair and lowering as well. Feet stay planted. Raise back up to straightened arms. That is one rep. Repeat as workout requires.





## Downward Dog

Starting on your hands and knees, begin to shift your weight to your shoulders and arms. Lift your knees toward straight, while staying up on your toes. Slowly lower knees back toward the ground, but do not let them touch the ground. That is one rep.

## Dumbbell Clean and Jerk

Place one 10 pound weight in each hand, and rest your arms at your side. Start with your knees slightly bent, weight on heels, and back straight. While using the momentum from straightening your legs, bend elbows and bring weights to rest on your shoulders. Then press arms toward straight above your head. Lower weights back to tops of shoulders, and while bending knees, lower them back to starting position. That is one rep. Repeat as workout requires.

## Dumbbell Push Press

Place a 10 pound weight in each hand. Stand with your legs hip-width apart. Start with your arms in a curled position with weights resting on shoulders. Press one arm up, straight, and locked out, keeping your arm tight against your ear. Lower arm and weight in same position, and repeat same movement with opposite arm. That is one rep. Repeat as workout requires.

## Dumbbell Rows

Using a secure chair (if you place a chair on a yoga mat, it tends not to slip), place one knee onto chair and rest that arm (on the same side as knee) on the back of the chair. With opposite hand, grab a 10 pound weight and rest arm straight to side. Keeping neck relaxed, hinge at elbow and pull weight up toward chest. Slowly return weight to starting position. That is one rep. Repeat this movement on this side until reps are completed then move to opposite arm. Repeat as workout requires.

## Dumbbell Side Hinges

Place a 10 pound weight in each hand and rest arms at your sides. Stand with your legs slightly more than hip width apart, with a slight bend in your knees. Keeping back straight and chest up, start to hinge at hips and lean to one side. Keep dumbbell tight against leg as it lowers towards your knee. Slowly rise to starting point and lean off to other side. Bring body back to starting point. That is one rep. Repeat as workout requires.

## Dumbbell Side Lateral Raises

Place a 10 pound weight in each hand, and rest arms down by your sides. Stand with your legs hip-width apart with a slight bend in your knees. Raise one arm out to the side until it is at the same level as your shoulder; slowly lower it back down, and repeat on other side. That is one rep. Repeat as workout requires.



## Dumbbell Squats

Place one 10 pound weight in between both hands, and hold it right under chin. Stand with your feet slightly more than hip-width apart with toes pointed outward. Keeping hands where they are with the weight under your chin, squat down into your air squat position. Pushing knees out and pointed over toes. Hips lowered, weight on your heels, back straight, and chest up. Then slowly rise up. That is one rep. Repeat as workout requires.

## Dumbbell Tricep Kickbacks

Place a 10 pound weight in each hand. Stand with your legs hip-width apart with a slight bend in your knees. Hinge forward at the hips slightly, while keeping back straight. Place hands with dumbbells at chest level. Push elbows toward straight, while moving both arms towards the back of your body. Hinge at the elbow to bring dumbbells back to staring position. That is one rep. Repeat as workout requires.

## Elevated Leg Raises

Starting on your hands and knees, lift off of your knees and onto to your toes. Begin to draw one knee closer to your stomach, and then pushing into your hands and planted foot, begin to extend the leg out and up while straightening both knees. Then start to bend both knees and draw the lifted leg back into your body, keeping the knees off of the ground. That is one rep. Repeat, as workout requires.

## Elevated Push-ups

Using a secure chair (if you place a chair on a yoga mat, it tends not to slip) Place hands on the front corners of the chair. Start with your knees on the mat in front of the chair. Bend elbows out and chest towards chair. Touch chest to chair and push off with arms back to starting position. That is one rep. Repeat as workout requires.

## Frog Jumps

Position your body into a wide-legged squat. Point your toes slightly out, draw your knees directly over toes, and keep your hips low, back straight, and chest up. Stay in this squat position and slightly hop forward twice, then hop backwards twice. That is one rep. Repeat as workout requires.

## High Knees

Start in a standing position with your hands out in front of you, elbows bent, palms facing down. Your hands should be at about the level of your belly button. Transition weight to one leg, and bend other leg at the knee, while raising it to meet the hand on the same side. Tap knee to hand, and place leg back in starting position. This should be a fast transition. Once foot hits the ground, the other foot is quickly moving into position, and that knee is touching that hand. Once you've moved each leg once, that is one rep. Repeat as workout requires.



## Hip Extensions

Start lying on your back, and place both legs onto the ground. Hips and glutes should be hovering over mat. Ensure that your neck is placed in a comfortable position and isn't compromised when lifting hips. Head, shoulders, arms, and toes should be the only things resting on the ground. Lift hips about 4-5 inches from starting point, into the air, and then slowly lower them back to the hovering position. That is one rep. Repeat as workout requires.

## Jumping Jacks

Start in a standing position with your feet together and hands to your sides. Jump or step legs out in a wide stance, all while moving straight arms out, around, and up. Place arms and legs back in starting position in the reverse motion. That is one rep. Repeat as workout requires.

## Jump Squats

Position yourself into a squatting position, with feet slightly more than hip-width apart, toes pointed outward, knees drawn out and pointed out over toes. Keep hips lowered, back straight, weight on your heels, and chest up. (If you place elbows up and hands by face, it will help keep your back straight). After getting into this squatting position, hop up towards straight, while drawing feet into each other and landing up on your toes. Then separate legs once more, and squat once more. That is one rep. Repeat as workout requires.

## Kneeling Dumbbell Front Raises

Place a 10 pound weight in between both hands, and place both hands below belly. Carefully lower to your knees, and sit up on your knees with back straight. Without moving any other parts of your body, slowly raise arms up to eye level, keeping your arms straight. Slowly lower them to starting position. That is one rep. Repeat as workout requires.

## Leg Raise Lunges

Start in a lunge position with back knee hovering above the ground. Start straightening back leg, while placing weight on front leg, and stand up onto front leg. Straighten back leg while lifting it back behind you, then place it back onto ground behind you, and bend knee to place yourself back into the starting lunge position. That is one rep. Repeat as workout requires.

## Lunge with Dumbbells

Start in a standing position with a 10 pound weight in each hand, resting on the sides of your body. Step forward with one leg into a lunge position and then step back, placing feet together. Keep hands with weights at your sides. Repeat on opposite leg. That is one rep. Repeat as workout requires.





## Mountain Climbers

Start in a plank position with your shoulders directly over your wrists and your back straight. Bend one leg at the knee and draw it in towards your stomach, keeping your foot off the ground. Re-extend your leg, and place it back in starting position. Now quickly do the same with the other leg. This should be a quick, leg-moving movement. Once you've moved each leg once, that is one rep. Repeat as workout requires.

## One Legged Dumbbell Curl and Press

Place one 10 pound weight in each hand, and rest your arms at your side. Stand up straight, and find a good firm foundation on one leg. Bend other leg slightly off the ground. Turn arms out so the inside of the arm is facing forward and your thumbs are pointing away from your body. Begin to bend at the elbow, and raise dumbbell to shoulder. Then press arms toward straight above your head. Lower arms back to bent position with dumbbells by your shoulders, and then lower them back to starting position. That is one rep. You will be on one leg throughout the entire movement. This is easier if you engage all muscles in your body and stay tight and firm. Repeat as workout requires.

## One Legged Hip Extensions

Start laying on your back, and place both legs onto the ground. Hips and glutes should be hovering over mat. Ensure that your neck is placed in a comfortable position and isn't compromised when lifting hips. Head, shoulders, arms, and toes should be the only things resting on the ground. Lift one leg into the air with a bend in the knee, and keep it there throughout movement. Slowly lift hips into the air about 4-5 inches from starting point, and then slowly lower them back to the hovering position. Repeat with opposite leg up in the air. That is one rep. Repeat as workout requires.

## Overhead Tricep Extensions

Place a 10 pound weight in between both hands, and hold that weight directly above head. Stand with your legs hip-width apart with a slight bend in your knees. Bend your arms at the elbows towards the back of the room until you've reached a 90-degree angle with your arms. Slowly lift arms back to starting position. That is one rep. Repeat as workout requires.

## Pistol Squats

Start with your feet about a foot away from the chair behind you. Lift one foot slightly into the air. Begin to sit down onto chair with one leg raised throughout movement, and then slowly rise off the chair, using your planted leg as leverage. Perform this movement on one leg repeatedly (depending on workout), and switch to other leg.



## Press with Crossover Punches

Place a 10 pound weight in each hand. Stand with your legs hip-width apart with a slight bend in your knees. Start with your arms in a curled position with weights resting on shoulders. Press one arm up, straight, and locked out, keeping your arm tight against your ear. Lower arm and weight to starting position, and repeat same movement with opposite arm. Then extend one arm out in front of you, in a punching motion, crossing your body as you punch. Replace arm, and repeat on opposite side. That is one rep. Repeat as workout requires.

## RDL with Dumbbells

Place a 10 pound weight in each hand, and rest arms at your side. Find stability on one leg and lift other leg behind you. With a bend in the knee, hinge forward at the hips while pushing lifted leg back. Keeping arms straight, bring weights to the front of your leg with shoulders over leg, and back straight. Slowly draw leg back to starting position as you return to upright position. Elevated foot should not touch the ground throughout entire movement. That is one rep. Stay on this leg until reps are completely. Repeat as workout requires.

## Reverse Flys

Place a 10 pound weight in each hand. Stand with your legs hip-width apart with a slight bend in your knees. Hinge forward at the hips slightly, while keeping back straight. Start with arms straight and hanging directly in front of stomach. Swing arms out to the side in unison until arms are at shoulder height. Slowly lower them back to starting position. That is one rep. Repeat as workout requires.

## Side Plank Arm Twists

Position your body in a side plank position with lower leg resting comfortably on mat (from the knee down). Ensure that your hips stay raised off the mat. Start with your upper arm raised high in the air, and then curl your arm under your body and back out to the starting position. That is one rep. Continue this movement on one side until reps are completed, and then move to opposite side. Repeat as workout requires.

## Side-to-Side Dumbbell Lunges

Place one 10 pound weight in between both hands, and hold it right under chin. With feet together, extend one leg out to the side and bend that knee once your foot touches the ground, while keeping the other leg straight. Push off your bent leg, and use the momentum from straightening your bent leg to help push you back to the starting position with your feet touching. Keep hands and weight in the same place the entire movement. Repeat movement on opposite side. That is one rep. Repeat as workout requires.



## Squat Kick with Dumbbells

Place one 10 pound weight in each hand, and rest your arms at your side. Start with your knees slightly bent, weight on heels, and back straight. While straightening legs, lift one leg into the air for a low kick. While doing this, bend elbows and bring weights to the front of your shoulders. Simultaneously, lower leg and arms back to starting position. Repeat movement on opposite leg. That is one rep. Repeat as workout requires.

## Sumo Squat with Dumbbells

Place a 10 pound weight in each hand. Turn feet out and stand with your legs wide. Start in a squatting position with knees directly over your feet, hips down, weight on heels, and chest up. Place your hands in between legs with your arms twisted forward and your thumbs pointing out. While lifting out of the squat, keep your arms straight, move them out, around, and up so that they end up above your head with your thumbs together. Start bending knees and getting back to starting squat position, while fanning your straight arms back out, around, and down to the starting position. That is one rep. Repeat as workout requires.

## Sumo Squat with Dumbbell Snatch

Place one 10 pound weight directly in between your legs. Turn feet out and stand with your legs wide. Start in a squatting position with knees directly over your feet, hips down, weight on heels, and chest up. Grab weight with one hand, and while standing up out of the squat, slowly lift weight above your head until your arm is locked out straight and directly overhead. Slowly lower weight back to ground, while getting into the squatting position once more. Repeat with opposite hand. That is one rep. Repeat as workout requires.

## Waiter Carry Lunges

Place one 10 pound weight in one hand and lift that arm straight into the air overhead. Place the opposite leg back behind you in a lunge position. Position the other hand at a 90-degree angle with palm down and hand right above belly button. Keeping the arm with the dumbbell up and tight in position, lift onto front foot and bring back leg up to hand. Touch knee to hand, and lower back to lunge position. That is one rep. Finish reps on one side. Switch weight to opposite arm and repeat lunge movement on opposite leg. Repeat as workout requires.

## Wall Sit with Dumbbell Curls

Place a 10 pound weight in each hand, and rest your arms to your sides. Position yourself against a wall with your back straight against the wall and your legs bent in a 90-degree angle. Ensure your feet are hip-width apart. While maintaining this angle with your legs and body against the wall, bend your arms at the elbows and bring the weights up to your shoulders and down again. That is one rep. Repeat as workout requires.





## Weighted Chair Crossovers

Place one 10 pound weight in between both hands, and hold it right under chin. Standing to the left side of the chair, place the right leg onto the chair. Then begin to position your weight forward onto your lifted leg and rise up onto it. Keeping both legs bent, swing back leg and hips to the opposite side of the chair and plant foot, as if you are lifting your back leg up and over something. Then repeat movement to get back leg to starting position. Your foot on the chair will stay planted throughout the entire movement. Perform this movement on one leg repeatedly (depending on workout), and switch to other leg.

# About Sadie Jane

Sadie is the author of [SimplySadieJane.com](http://SimplySadieJane.com), a fitness and lifestyle blog that focuses on her everyday life as a young modern mom in a busy world. In 2008, Sadie got married, graduated with her Registered Nurse degree, and started blogging. She then worked for five years in the labor unit and blogged her experiences as a nurse and wife at 3 a.m. in the break room. After having baby #2, Sadie shared with her readers how she lost over 80 pounds while having little children, little money, and little time. She specializes in at-home fitness and shares tips, tricks, tutorials, and at-home workout plans with her readers all over the world. She recently became yoga certified and enjoys sharing her love of CrossFit and Yoga with her community. While pregnant with baby #3, Sadie researched and studied prenatal fitness and became an expert in the field. Sadie also loves sharing DIY home and gym tutorials with her husband by her side. Never taking herself or life too seriously, she's not scared to relate to her readers and share everyday motherhood moments. Sadie loves giving her two cents on topics like fashion, beauty, travel, snoring husbands, cupcakes, and toddler tantrums. She quit her job as a nurse when she decided to blog full-time. Sadie loves inspiring women to see their true potential and strength and is blown away everyday that she is privileged to stay home doing what she loves. She has worked, modeled, and traveled for many major top brands and appears on TV shows sharing her tips and story.

