

Fit and Sexy Full-Body Workout

USING WEIGHTS

Directions

After 5 to 8 minutes of light cardio and active stretching, perform the number of reps for each exercise listed for each round. Take breaks as needed between rounds. Finish with 3 to 5 minutes of stretching.

Round 1

Squat and Press

5 reps

Push-Up and Rotate

4 reps, alternating sides

Bicycle Crunch

10 reps, alternating sides

Round 2

Squat and Press

10 reps

Push-Up and Rotate

8 reps, alternating sides

Bicycle Crunch

20 reps, alternating sides

Single-Leg Bridge

5 reps, each side

Round 3

Squat and Press

15 reps

Push-Up and Rotate

10 reps, alternating sides

Bicycle Crunch

30 reps, alternating sides

Single-Leg Bridge

10 reps, each side

Plank and Reach

12 reps, alternating sides

Round 4

Squat and Press

20 reps

Push-Up and Rotate

12 reps, alternating sides

Bicycle Crunch

40 reps, alternating sides

Single-Leg Bridge

15 reps, each side

Plank and Reach

12 reps, alternating sides

Surrenders

5 reps, each side

Squat and Press



Push-Up and Rotate



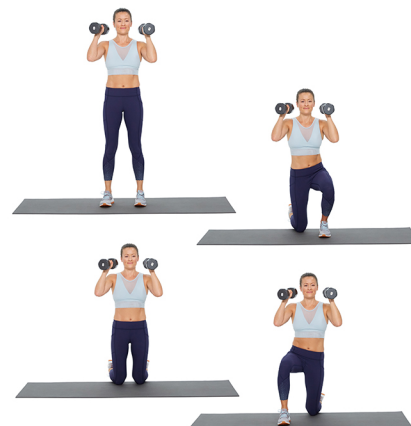
Single-Leg Bridge



Bicycle Crunch



Surrenders



Plank and Reach

