

# Women on Weights Workout:

Warm up:

- Jumping jacks
- Inch worms
- Squat Xs
- High knees

25 secs, 3 rounds (5 mins total time)

Circuit 1 (Lower body):

- Dumbbell squat
- Walking kettlebell Lunges

30 secs, 3 rounds

Circuit 2: (Lower body)

- Dumbbells Plie squats
- Sandbell overhead reverse lunges

30 secs, 3 rounds

Circuit 3: (upper body)

- Dumbbell rows
- Bicep curl
- Shoulder press

20 secs, 3 rounds

Circuit 4: ( upper body)

- Overhead triceps
- Triceps kickback

20 sec , 3 rounds

Circuit 5: (core)

- Crunch
- Plates Russian twist
- Alternating leg lifts with over-head hold

20 secs, 3 rounds

Cool stretch

Cobra

Child pose

Mountain climbing stretch

Warm up:

- Jumping Jacks
- Inch Worms
- Squat Xs
- High Knees

25 Secs, 3 round (5 mins total time)

Circuit 1:

- Squat with a should press (Kettle bell or dumbbell)
  - Lunges with front/lateral raise
  - Back Row with a tricep kickback
  - Warrior three with a double back row
- (45sec each exercise, 4 rounds, 15 sec trans from ex to ex and 1:30 rest per round)

Circuit 2:

- Squat pulse
  - Bosu burpees
  - Bicep curl to shoulder press
- (45 secs each exercise, 3 rounds, 15 sec trans from ex to ex and 1:30 rest per round)

Core

- Crunch
  - Boat pose
  - Swimmers
  - Isolated supermans (upper then lower)
- (30 secs each exercise, 4 rounds, 10 sec rest from ex to ex and 1 minutes rest per round)

Cool down stretch

Cobra

Child pose

Mountain climbing stretch

Week 3 Oct 19<sup>th</sup>:

Warm up:

- Jumping Jacks
- Inch Worms
- Squat Xs
- High Knees

25 Secs, 3 round (5 mins total time)

Circuit 1: lower

- Alternating jump lunges with dumbbells
- Lunges with dumbbells
- Side lunges
- Reverse Lunges

(30sec each exercise, 3 rounds, 15 sec trans from ex to ex and 1:30 rest per round)

Circuit 2: upper

- Reverse fly
- One arm shoulder press (20 seconds work, 10 sec pulse) Right, Left
- Lateral extension with a lateral bicep curl

(30sec each exercise, 3 rounds, 15 sec trans from ex to ex and 1:30 rest per round)

Circuit 3: lower

- Jump squats with a sandbell
- Sumo squats with a sandbell
- Squat pulse with a sandbell
- Squat slams with a sandbell

(30sec each exercise, 3 rounds, 15 sec trans from ex to ex and 1:30 rest per round)

Core:

- Russian twist with sandbell
- Bicycles with sandbell

(30sec each exercise, 5 rounds, 10 sec trans from ex to ex)

Week 4 Oct 26th

Warm up:

- Jumping Jacks
- Inch worm w/ floor Jack
- Squat jumps
- High knees

Circuit 1: (upper)

- Kettle bell swing
- Burpee with high row
- Kettle bell row

(30 sec each exercise, 3 rounds, 15 secs trans from ex to ex and 1:30 rest per rounds.)

Circuit 2: (Lower)

- Squat walks 30 secs with dumbbell after 30 secs sumo squats
  - 1 work:1rest
  - 4 rounds

Circuit 3: (upper)

- bicep curl to shoulder press
- hammer curl to shoulder press
  - right arm then Left arm
  - 30 secs each exercise

Circuit 4: (lower)

- up and down knee to squats with dumbbell 30 secs, chair pose 30 secs
  - 1work:1rest
  - 4 rounds

Core:

- Dumbbell Russian twist
- Up downs
- Side planks (left & right)

Cool down

Week 5: Nov 2<sup>nd</sup>

Warm Up:

- Warm up

Circuit 1 (lower) Technique

- Squat Rack squats  
( 3 sets, 12 reps)

Circuit 2:

- High knee
- Jumping jacks
- Inchworm

Circuit 3 (Total body)

- Burpee with a dumbbell (push ups for advance)
- Upright row to frontal lateral raise
- Tricep press  
(30 sec each exercise, 5 rounds, 15 secs trans from ex to ex and 1:30 rest per rounds.)

Week 6: Nov 9<sup>th</sup>

Warm up:

- Jump ropes
  - Quick squats
  - Jog in place
  - Jumping jacks
- 30 secs, 3 rounds

Jungle gym & fitness floor

Jungle Gym:

Back row  
Tricep pushdown  
Lat pull down  
Bicep Curl

3 rounds, 30 seconds each exercise 15 rest and transition period.

Fitness floor

Dumbbell deadlift  
Squat pulse  
Reverse lunges  
Lunge pulse

3 rounds, 30 seconds each exercise 15 rest and transition period.

Core

- Crunches
- Boat pose
- Swimmers
- Isolated supermans ( upper then lower )  
45 sec each exercise 10 rest.

