

#ALDSWEAT

	EXERCISE	SETS	REPS	WEIGHT	TIME	DISTANCE	SPEED		DONE!
MONDAY	KETTLEBELL SQUATS	3-4	15						✓
	DUMBBELL CURL TO PRESS	3-4	15						
	WEIGHT TOE TOUCHES	3-4	15						
	STRAIGHT LEG DEAD LIFT	3-4	15						
	OVERHEAD TRICEP EXTENSION	3-4	15						
	MOUNTAIN CLIMBERS	3-4			1:00				
	TUESDAY: WALK				35:00				
WEDNESDAY	CARDIO: JOG 5-10 MINUTES & STRETCH								
	CARDIO: HILL SPRINTS (100 YARDS)	5-10							
	STRAIGHT LEG CRUNCHES	4	30						
	MOUNTAIN CLIMBERS	4	30						
	SIDE PLANK (EACH SIDE)	4	30						
	LEG RAISES	4	30						
	BICYCLE	4	30						
	THURSDAY: WALK				35:00				
FRIDAY	WALKING LUNGES - HOLDING WEIGHT (10 EA. SIDE)	3-4	20						
	CHEST PRESS IN BRIDGE POSITION	3-4	15						
	RUSSIAN TWIST - WEIGHTED	3-4	20						
	BENT OVER ROW	3-4	15						
	WALL SIT - WEIGHTED	3-4			1:00				
	SIDE SHUFFLE	3-4			1:00				

NOTES SEE BLOG POST FOR EXPLANATION OF EXERCISES. COMPLETE 3-4 ROUNDS DEPENDING ON YOUR FITNESS LEVEL. TAKE LITTLE TO NO BREAK IN BETWEEN EXERCISES AND ROUNDS.

ASHLEY LAUREN



HILLARY DICKEY

WEEK THREE WEEK THREE WEEK THREE