

BEGINNERS WEEK 1 PLAN

Day 1	Description	Sets	Reps
use Band	Air Squats	3	10
use Band	Back Lunge w. kick	3	10 ea leg
use Band	Jump Squats	3	10
use Band	Side Lunge	3	10 ea leg
	Burpees	3	10
	Standing Lunge	3	10 ea leg
	High Knees	3	20
	Leg Pull Ins (abs)	3	10
	Plank	1	45 seconds

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Day 2	Description	Sets	Reps
use Band	Pause Squats	3	10
use Band	Lateral Squat Walk	3	10 ea leg
use Band	Donkey Kick	3	10
use Band	Bridge w. Kne Spread	3	10 ea leg
	Jumping Jacks	3	20
Forward & Backward	Arm Windmills	3	20
	Push Ups	3	10
	Plank Jack	3	15
	Plank	1	45 seconds

Day 3	Description	Sets	Reps
use Band	Fire Hydrant	3	10 ea leg
use Band	Laying Side Clam	3	10 ea leg
use Band	Superman Hold	3	10 w. 3 sec hold
use Band	Floor Kick Back	3	10 ea leg
use Band	Jump Squats	3	10
Slow & Controlled	Calf Raises	3	20
	Lying Leg Lifts	3	20
use a weight, ball, toy 😊	Russian Twist	3	15
	Plank	1	45 seconds