

WEEK 4

FOCUS: ADD WEIGHT IF ONLY USED BODY WEIGHT LAST WEEK OR INCREASE WEIGHT. ADD A SECOND METABOLIC WORKOUT THIS WEEK

GOAL: COMPLETE ALL GIVEN WORKOUTS FOR THE WEEK, ELIMINATE DAIRY, LIMIT STARCHY CARBS TO 2x DAILY

FOOD: EAT 4 SERVINGS OF DARK GREEN LEAFIES PER DAY THIS WEEK. START TO ELIMINATE STARCHY CARBS(BREADS, PASTA, POTATOES) NO FAST FOOD, SNACK FOODS, OR PRE-PACKAGED FOODS

WEEK 4 DAY 1

COMPLETE ALL EXERCISES, REST 1 MINUTE REPEAT FOR A TOTAL OF 3 ROUNDS



10 UNDERHAND ROWS
10 EACH SIDE PUSH UP TO A "T"

10 OH PRESS

10 REVERSE BENT FLY'S

REST FOR 1 MINUTE AFTER ALL ROUNDS COMPLETE, MOVE TO LOWER BODY



10 EACH SIDE REVERSE LUNGE
15 EACH SIDE TAP OUT(ALT.)

15 SQUAT WITH BAND
WITH WEIGHTED TWIST

10 BRIDGES WITH BAND

WEEK 4 DAY 2

METABOLIC/BURST TRAINING

WARM UP 2-4 MINUTES AND COOL DOWN 2-4 MINUTES

30 SECONDS OF WORK FOLLOWED UP WITH 10 SECONDS OF REST. REPEAT FOR TOTAL OF 15-20 MINUTES

1) PUSH UPS

2) MOUNTAIN CLIMBERS

3) WALKING LUNGES



4) JUMPING JACKS

5) ALTERNATING BACK KICKS



WEEK 4 DAY 3: Active Rest (Steady State Cardio)

WEEK 4 DAY 4 & 5: Strength Training (Repeat Week 3 exercises)

WEEK 4 DAY 6: Active Rest

WEEK 5 DAY 7: METABOLIC/BURST TRAINING