

Week 3

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 and keep dairy eliminated.

FOOD: Eat 4 servings of dark green leafies per day this week. No fast food, snack foods, or pre-packaged food

Week 3 day 1

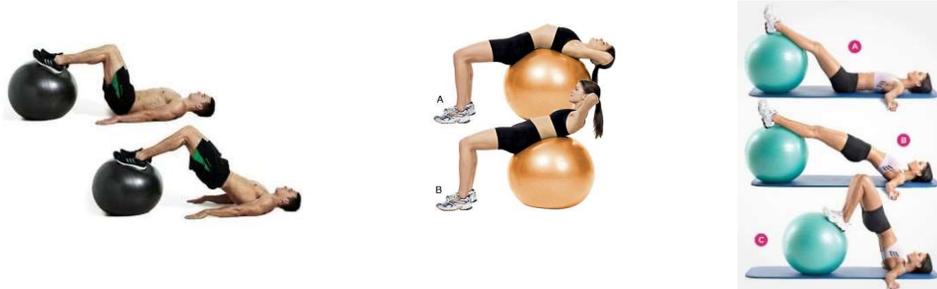
Do all exercises in first row for 12 reps. Rest up to 1 minute. Repeat with the # of specified reps for second and third rounds.



Chest press	12	10	8
OH Lat pull	12	10	8
Chest Fly	12	10	8
Back extension	12	10	8
Roll ins	12	10	8

Once all rounds completed. Rest up to 1 minute and continue to the lower body.

Do all the exercises for 15 reps, rest 30 seconds repeat for total of 3 rounds



Hip Raises

Ball curl ups

Hamstring curl ins

FINISHER: PUSH UP/KNEE PULL IN ACROSS CHEST RIGHT THEN LEFT/LEG LIFT RIGHT THEN LEFT- REPEAT THE WHOLE SEQUENCE 10x

WEEK 3 DAY 2

METABOLIC WORKOUT:

WARM UP FOR 2-4 MINUTES: Light jog, front kicks, squats, twists, heel to butt, knee lifts, arm circles etc...

30 seconds of work with 10 seconds of rest between exercises for a total of 15-20 minutes.

30 seconds of Jumping jacks 10 seconds rest

30 seconds of high knees 10 seconds rest

30 seconds of butt kicks 10 seconds rest

30 seconds of push ups 10 seconds rest

30 seconds of squat/hold 10 seconds rest

Repeat for a total of 15-20 minutes, then cool down/walk

WEEK 3 DAY 3

Do all exercises in first row for 10 reps. Rest up to 1 minute. Repeat with the # of specified reps for second and third rounds.



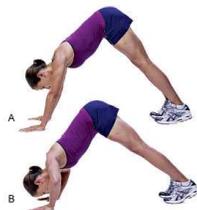
Squats with heels on DB 10 8 6
 Single leg Romanian Dead Lift 10 8 6
 Narrow Stance Squats(with weight) 10 8 6
 Hamstring roll ins 10 8 6

Once all rounds completed. Rest up to 1 minute and continue to the lower body. Do all the exercises, no rest 3 rounds for specified # reps



Bicep Curls 12 Mountain climbers 25 each Tricep kickback 12 Jumping Jacks 25

FINISHER: 10 Pike Pushups



WEEK 3 DAY 4

REST OR METABOLIC TRAINING

METABOLIC WORKOUT

4 rounds of all the exercises. Start with 2-4 minute warm up and then cool down 2-4 minute

Set timer for 45 seconds. Each exercise will be done for that amount of time. Work as hard as you can, rest when you need to.

- 1) Squats (body weight)
- 2) Pushups
- 3) Alternating reverse lunges
- 4) Shuttle sprints(place 2 cones/objects at least 10 feet apart)shuttle back and forth between the cones for the 45 seconds
- 5) Plank hold

Complete 4 rounds.

WEEK 3 DAY 5

Do all exercises with specified # reps, rest up to 1 minute and repeat for 3 rounds



Chest Fly 12

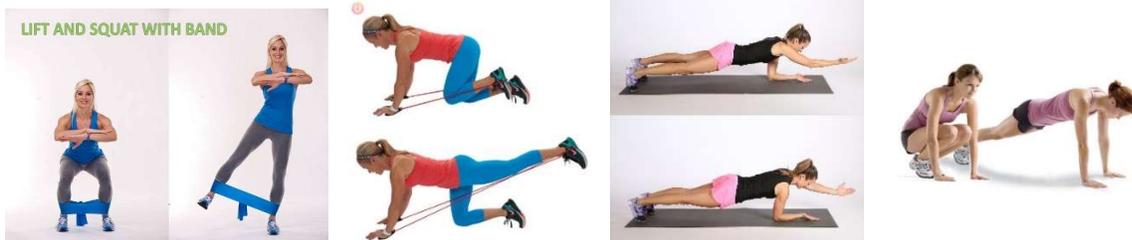
10 Push Up

12 Chest Press

Lateral raise to front raise 10

Wide grip bent row 10

Once all rounds completed, rest up to 1 minute and continue to lower body



Squat with lateral leg lift 10 each

Glute lift with band 10 each

Plank with reach 10 each

Squat thrust 5

Do all exercises, rest 1 minute and repeat 2 more times

FINISHER: 20 high knees/20 butt kicks/20 Jumping jacks/20 cross country ski/20 low front kicks



***ALTERNATE GLUTE LIFT WITH BAND EXERCISE

WEEK 3 DAY 6 & 7

REST or METABOLIC WORKOUT IF 2 HAVE NOT BEEN COMPLETED

Congratulations you have completed 3 weeks of healthy habits!

Write your positives for the week:

EXAMPLE: finished all workouts, didn't eat fast food, skipped desserts this week

Write what you want to do better next week:

EXAMPLE: heavier dumbbells, work out faster with good form, healthy protein breakfast,
