




















# ABS & GLUTES

## WEEKS 1-5

What's your WEEK 1 goal?

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sunday
<p>Bulgarian Split Squats</p>  <p>5 sets of 12 reps or 6 sets of 10 reps</p>	<p>Dumbbell Crunch Reach</p> <p>3 sets of 20 reps</p> <p>Burpees - 30</p> <p>Planks- 4x till fail</p>	<p>Romanian Deadlift</p> <p>3 sets of 10 reps</p>  <p>Seated Dumbbell Russian Twist- 4 sets of 12 reps</p>	<p>Leg Press</p> <p>Start Weight 20- 60 lbs. 2 sets, 50 Reps</p> <p>80-100lbs. 1 set, 40 Reps</p> <p>RDL's</p> <p>4 sets of 12 reps</p>	<p>Straight Leg Raise</p> <p>3 sets, 15 reps</p> <p>Straight Leg Side Twist</p> <p>4 reps, 15 sets</p>	<p>Rest Day</p> 
<p>RDL'S</p>  <p>4-5 sets of 8-12 reps</p> <p>Burpees- 30</p> <p>Weighted Bridges</p> <p>3 sets of 15 reps</p>	<p>Hip Abductors</p> <p>3-4 sets of 8-12 reps or 4-5 sets of 15-25 reps</p>   <p>Plank Twists</p> <p>3 sets of 5-10 reps</p> <p>Cardio- Elliptical/Tread mill- 30 minutes</p>	<p>Bulgarian Split Squats</p> <p>6 sets of 10 reps</p> <p>Plank with Dumbbell pull through</p> <p>Burpees - 30</p> 	<p>Wall Ball Sit Ups</p> <p>Renegade Row</p> <p>3 sets of 8 reps for each arm</p> <p>Low to High Woodchop with Dumbbell</p>	<p>Single Arm DB Row</p> <p>3 sets of 12</p> <p>KB Deadlift</p> <p>3 sets of 8</p>  <p>Leg Press</p> <p>Start Weight 20- 60 lbs. 2 sets, 50 Reps</p> <p>80-100lbs. 1 set, 40 Reps</p>	<p>Rest Day</p> 

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sunday
Bulgarian Split Squats  5 sets of 12 reps or 6 sets of 10 reps	Dumbbell Crunch Reach 3 sets of 20 reps Burpees - 30 Planks- 4x till fail	Romanian Deadlift 3 sets of 10 reps  Seated Dumbbell Russian Twist- 4 sets of 12 reps	Leg Press Start Weight 20- 60 lbs. 2 sets, 50 Reps 80-100lbs. 1 set, 40 Reps RDL's 4 sets of 12 reps	Straight Leg Raise 3 sets, 15 reps Straight Leg Side Twist 4 reps, 15 sets	Rest Day 
Tricep Dips 3-4 sets of 12-15 reps Seated Cable Row 4 sets of 15 reps	AB Cruncher Machine 5 sets of 20 reps or 6 sets of 10 reps  ABDOMI...	Cardio 45-1hr Elliptical/ Treadmill Burpees- 25 Chest Press 4 sets of 12 reps	Sumo Squats  6 sets of 10 reps Burpees- 30 Hip Abductors 4 sets of 8	Lower Abs Planks(4x- till fail) Weighted Russian Twist(7s,10r) Heel Touch(120) 	Rest Day 
Leg Lift(curls) 5 sets of 15 reps or 6 sets of 10 reps  Leg Press 20-100lbs, 2 sets of 20	Cardio 30-45 mins Ellip/Treadmill Stairmaster 20 mins on level 4 Incline Lat Pulldown 3 sets of 8	RDL's 5 sets of 10 reps or 6 sets of 8 reps  Overhead Shoulder Press 4 sets of 8	Burpees - 30 Leg Press 40lb, 2 sets of 50 reps Bicep Curl 3 sets of 12	Leg Press 20-100 lbs 2 sets, 50 reps. 80lbs-120 lbs, 1 set, 20 reps KB Deadlift 3 sets of 8	Rest Day 

**1** Date: \_\_ / \_\_ / \_\_

How do you feel today? \_\_\_\_\_

What have you done for yourself today? \_\_\_\_\_

One thing you're grateful for today? \_\_\_\_\_

**2** Date: \_\_ / \_\_ / \_\_

How do you feel today? \_\_\_\_\_

What have you done for yourself today? \_\_\_\_\_

One thing you're grateful for today? \_\_\_\_\_

**3** Date: \_\_ / \_\_ / \_\_

How do you feel today? \_\_\_\_\_

What have you done for yourself today? \_\_\_\_\_

One thing you're grateful for today? \_\_\_\_\_

4 Date: \_\_ / \_\_ / \_\_\_\_

How do you feel today? \_\_\_\_\_

What have you done for yourself today? \_\_\_\_\_

One thing you're grateful for today? \_\_\_\_\_

5 Date: \_\_ / \_\_ / \_\_\_\_

How do you feel today? \_\_\_\_\_

What have you done for yourself today? Any Obstacles? \_\_\_\_\_

One goal you reached today? \_\_\_\_\_

6 Date: \_\_ / \_\_ / \_\_\_\_

How do you feel today? \_\_\_\_\_

What have you achieved today? \_\_\_\_\_

What are your goals for the upcoming week? \_\_\_\_\_

7 Date: \_\_ / \_\_ / \_\_

How do you feel today? \_\_\_\_\_

What have you done for yourself today? \_\_\_\_\_

One thing you're grateful for today? \_\_\_\_\_

8 Date: \_\_ / \_\_ / \_\_

How do you feel today? \_\_\_\_\_

What have you done for yourself today? \_\_\_\_\_

One goal or obstacle you overcame today? \_\_\_\_\_

9 Date: \_\_ / \_\_ / \_\_

How do you feel today? \_\_\_\_\_

What have you done for yourself today? \_\_\_\_\_

One thing you're grateful for today? \_\_\_\_\_

10 Date: \_\_ / \_\_ / \_\_

How do you feel today?

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What have you done for yourself today?

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One thing that you accomplished for today? How did it feel?

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11 Date: \_\_ / \_\_ / \_\_

How do you feel today?

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What have you done for yourself today?

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One thing you're grateful for today?

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12 Date: \_\_ / \_\_ / \_\_

How do you feel today?

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What have you done for yourself today?

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What are your goals for the upcoming week?

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