

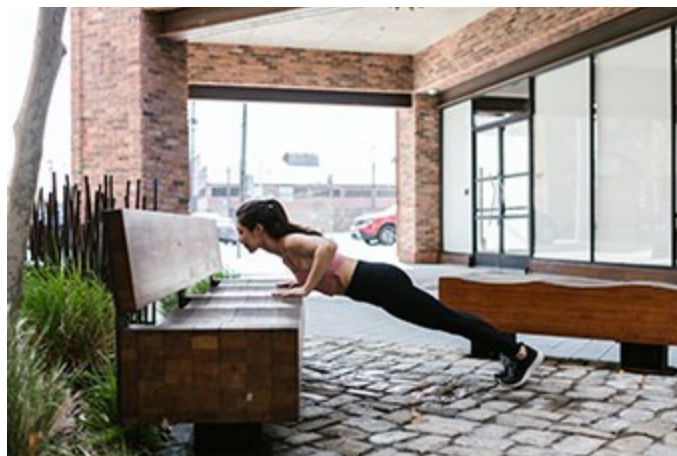
WORKOUT WEEK

Using Bodyweight and Calisthenics

If you have any questions on any of these workouts, contact me at ShariLikesFruit.com/contact or search for a demo on YouTube.

Day 1: Chest and Cardio

- Push Ups (on knees if need be): 4 sets of 8-10 reps
- Push Ups at an Angle (such as on a kitchen counter or chair): 3 sets of 10-12 reps
- Treadmill Cardio or Walk/Jog Outside: **30 minutes** at a moderate intensity with varying incline levels if possible (warm up for 5 minutes, then increase intensity for 20 minutes, cool down for 5 minutes) - or do the equivalent amount of time on a rebounder - or half walking and half rebounder.



Day 2: Back and Cardio

- “Supermans” - lie on the floor on your belly face down - and lift your arms and legs like you’re flying
- Dumbbell Rows (you can use a bottle of distilled water or almond milk or anything in place of weights if you don’t have weights at home - or use resistance bands): 3 sets of 10-12 reps
- Treadmill Cardio or Walk/Jog Outside: **30 minutes** at a moderate intensity (as outlined above).

Day 3: Legs and Cardio

- Squats: 4 sets of 12-15 reps (or to failure)
- Stationary - Alternating Lunges: 3 sets of 10-12 reps per leg
- Treadmill Cardio or Walk/Jog Outside: **30 minutes** at a moderate intensity (as outlined above).

Day 4: Shoulders and Cardio

- Dumbbell Shoulder Press (using dumbbells or water bottles or resistance bands): 3 sets of 8-10 reps
- Lateral Raises (same as above for weight resistance): 3 sets of 10-12 reps
- Front Raises (same as above for resistance): 3 sets of 10-12 reps
- Treadmill Cardio or Walk/Jog Outside: **30 minutes** at a moderate intensity (as outlined above).

Day 5: Arms and Cardio

- Dumbbell Bicep Curls (using water bottles, dumbbells, or bands): 4 sets of 10-15 reps
- Tricep Dips (on a bench or chair): 3 sets of 10-12 reps
- Tricep Extensions (using dumbbells or water bottles): 3 sets of 10-12 reps
- Treadmill Cardio or Walk/Jog Outside: **30 minutes** at a moderate intensity (as outlined above).

WORKOUT WEEK

If You Have Access to Gym Equipment

If you have any questions on any of these workouts, contact me at ShariLikesFruit.com/contact or search for a demo on YouTube.

Day 1: Chest and Cardio

- Bench Press: 3 sets of 8-10 reps
- Dumbbell Flyes: 3 sets of 10-12 reps
- Push-ups: 3 sets of 12-15 reps
- Treadmill Cardio or Walk/Jog Outside: **30 minutes** at a moderate intensity with varying incline levels if possible (warm up for 5 minutes, then increase intensity for 20 minutes, cool down for 5 minutes) - or do the equivalent amount of time on a rebounder - or half walking and half rebounder.



Day 2: Back and Cardio

- Lat Pulldowns: 3 sets of 8-10 reps
- Dumbbell Rows: 3 sets of 10-12 reps
- Back Extensions: 3 sets of 12-15 reps
- Treadmill Cardio or Walk/Jog Outside: **30 minutes** at a moderate intensity (as outlined above).

Day 3: Legs and Cardio

- Leg Extensions: 3 sets of 12-15 reps
- Dumbbell Lunges: 3 sets of 10-12 reps per leg
- Squats (using dumbbells): 3 sets of 8-10 reps
- Treadmill Cardio or Walk/Jog Outside: **30 minutes** at a moderate intensity (as outlined above).

Day 4: Shoulders and Cardio

- Dumbbell Shoulder Press: 3 sets of 8-10 reps
- Lateral Raises: 3 sets of 10-12 reps
- Front Raises: 3 sets of 10-12 reps
- Treadmill Cardio or Walk/Jog Outside: **30 minutes** at a moderate intensity (as outlined above).

Day 5: Arms and Cardio

- Dumbbell Bicep Curls: 3 sets of 10-12 reps
- Tricep Dips: 3 sets of 10-12 reps
- Hammer Curls: 3 sets of 10-12 reps
- Tricep Extensions (using dumbbells): 3 sets of 10-12 reps
- Treadmill Cardio or Walk/Jog Outside: **30 minutes** at a moderate intensity (as outlined above).