

Love Your Body Workouts

WEEK ONE & TWO

MONDAY

**5 Toning Moves - Perform 10 reps of each toning exercise.
Repeat for a total of 3 rounds.**

1) Full Body Extensions

<https://www.youtube.com/watch?v=nZ8SeN37iH0>

2) Dumbbell Wood Chops

<https://www.youtube.com/watch?v=tH8ZeVgupYY>

3) Dumbbell Bicep Curl & Press

<https://www.youtube.com/watch?v=zdQOmPMGjOY>

4) Dumbbell Swings

<https://www.youtube.com/watch?v=SbbBnjGiYWk&t=5s>

5) Plank Hold from Hands (30sec)

https://www.youtube.com/watch?v=s9kJaN1m_UM

**Cardio Challenge: 20-minute cardio of choice! My
recommendation is a brisk walk outside.**

Love Your Body Workouts

WEEK ONE & TWO

TUESDAY

Love Your Arms Workout

Go Here to access the follow-along Workout video

<https://vimeo.com/207110593/d789e9f7d4>

Cardio Challenge: Add 30 minutes of cardio, your choice!

Love Your Body Workouts

WEEK ONE & TWO

Wednesday

**5 Toning Moves - Perform 10 reps of each toning exercise.
Repeat for a total of 3 rounds.**

1) Pilates Leg Scissors

<https://www.youtube.com/watch?v=UQ72kSB0uts>

2) Pilates Roll Ups

<https://www.youtube.com/watch?v=FZNwIJ03fhQ>

3) Pilates 100's (10 sets, for 10 reps/breathe)

<https://www.youtube.com/watch?v=UaapuUzs1i8>

4) High Bicycle

<https://www.youtube.com/watch?v=snkWegOrsI8>

5) Boat Pose

<https://www.youtube.com/watch?v=1eCzLIfdH2o>

Cardio Challenge: Complete a 30-minute walk/jog steady state cardio session after you've completed your 5 Toning Moves!

Love Your Body Workouts

WEEK ONE & TWO

THURSDAY

Love Your Booty Workout

Go here to access the follow-along workout video
<https://vimeo.com/207033794/12374dc14f>

Cardio Challenge:
Add 20 minutes of cardio, your choice!

Love Your Body Workouts

WEEK ONE & TWO

FRIDAY

**5 Toning Moves - Perform 10 reps of each toning exercise.
Repeat for a total of 3 rounds.**

1) Standing Core Stabilization w/ Dumbbell

<https://www.youtube.com/watch?v=kgAPgM9dxfw>

2) Dumbbell Triangle Side Bend

<https://www.youtube.com/watch?v=72PCB8gufw>

3) Dumbbell Toe Touch Crunch

<https://www.youtube.com/watch?v=GTX63djcdEo>

4) Side Plank w/ Dumbbell Twist

https://www.youtube.com/watch?v=_vyAnv6gO1Y&t=94s

5) Crunch Clap

https://www.youtube.com/watch?v=_vyAnv6gO1Y&t=94s

**Cardio Challenge: Complete 20-Minute of interval cardio after
you have completed your core toning moves!**

Love Your Body Workouts

WEEK ONE & TWO

SATURDAY

Love Your Cardio & Core Workout

Go here to access the follow-along workout video
<https://vimeo.com/207111549/4f09b81ecb>

Cardio Challenge:
5K Run or Walk after you've completed the Toning Moves!

SUNDAY

Rest Day!

Love Your Body Workouts

WEEK THREE & FOUR

MONDAY

At-Home Upper Body Strength Workout

Go here to access the follow-along workout video

<https://vimeo.com/209013094/fe24519df5>

Cardio Challenge:

20-minute of interval cardio, your choice!

Love Your Body Workouts

WEEK THREE & FOUR

TUESDAY

**5 Toning Moves - Perform 10 reps of each toning exercise.
Repeat for a total of 3 rounds.**

1) Dumbbell Reverse Lunge w/ Bicep Curl

https://www.youtube.com/watch?v=pV5a_7jqTmM

2) Side-To-Side Push-ups

https://www.youtube.com/watch?v=1_GjkqZ3qJQ

3) Dumbbell Reverse Lunge w/ Shoulder Press

<https://www.youtube.com/watch?v=ZgnzFLfHvfg>

4) Plank w/ Alternating Leg Raise

<https://www.youtube.com/watch?v=zXj5LqDwpGo>

5) Glute Bridge Raises

<https://www.youtube.com/watch?v=DcRFEekEA2w>

Cardio Challenge: Complete a 30-minute walk/jog steady state cardio session after you've completed your 5 Toning Moves!

Love Your Body Workouts

WEEK THREE & FOUR

WEDNESDAY:

No Equipment Butt & Thigh Workout

Go here to access the follow-along workout video

<https://vimeo.com/209057038/a865909134>

Cardio Challenge:

***20-minute cardio of choice! My recommendation is a brisk walk
outside***

Love Your Body Workouts

WEEK THREE & FOUR

THURSDAY

**5 Toning Moves - Perform 10 reps of each toning exercise.
Repeat for a total of 3 rounds.**

1) Alternating Dumbbell Side Lunge w/ Upright Row
<https://www.youtube.com/watch?v=Tt9fAxuo3B4>

2) Side-To-Side Push-ups
https://www.youtube.com/watch?v=1_GjkqZ3qJQ

3) Alternating Side Lunge w/ Leg Lift
<https://www.youtube.com/watch?v=an8bRhsjSQA>

4) Plank Dumbbell Row + Tricep Kickback
<https://www.youtube.com/watch?v=EmmZvCgX4W4>

5) Side Plank w/ Hip Raise
<https://www.youtube.com/watch?v=ylkog63hjsg>

Cardio Challenge: 20-minute interval cardio, your choice!

Love Your Body Workouts

WEEK THREE & FOUR

FRIDAY

HITT Cardio & Core Workout

Go here to access the follow-along workout video

Cardio Challenge:

20-minute cardio of choice! My recommendation is a brisk walk outside

Love Your Body Workouts

WEEK THREE & FOUR

SATURDAY

**5 Toning Moves - Perform 10 reps of each toning exercise.
Repeat for a total of 3 rounds.**

1) Plank Shoulder Tab

<https://www.youtube.com/watch?v=wcKyqAMqueQ>

2) Beginner Jack knife Crunch

<https://www.youtube.com/watch?v=rPdKujjS0fw>

3) Hollowbody Rock

<https://www.youtube.com/watch?v=HPnFTmjjDDA>

4) Tuck Crunch

<https://www.youtube.com/watch?v=xIX-RdJINlc>

5) Elbow-To-Knee Crunch

<https://www.youtube.com/watch?v=FcjwuLMdGyM>

**Cardio Challenge: 5K Run or Walk after you've completed the
Toning Moves!**