

“Create Your Own Workout” Menu!

You should do at least (3) workouts per week. On the days you don't meet with me, you can use the exercise menu below to create a full-body workout.

[Click on the name of each exercise to see a video demo!](#)

INSTRUCTIONS:

- ★ Choose one exercise from each of the following categories.
- ★ Alternate those exercises as a [circuit](#) for 3-5 rounds.
- ★ Rest as needed between exercises.
- ★ Be sure to warm up first! Use this [low-impact warm-up](#) or [this high-intensity one](#). Also, stretch afterward!

LOWER BODY - 10-20 reps

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|---|---|
| ☐ Squats | ☐ Lateral Lunges |
| ☐ Reverse Lunges | ☐ Bridge Hip Lifts |
| ☐ Step-Ups | ☐ Dumbbell Deadlifts |
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UPPER BODY - 10-15 reps

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|---|---|
| ☐ Push-Ups | ☐ Bicep Curls with Bands or Dumbbells |
| ☐ Tricep Kickbacks with Band | ☐ Rows with Bands or Dumbbells |
| ☐ Lateral Raises | ☐ Overhead Press with Dumbbells |
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ABS - Varies. Typically 30-60 seconds.

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|---|--|
| ☐ Plank | ☐ Roll-Ups |
| ☐ Dead Bug | ☐ Bicycle Abs |
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BACK

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| ☐ Back Extension - Hold 30-45 seconds | ☐ Superman with Row - Row 10-15 reps |
| ☐ Modified Superman - 10-20 reps total | ☐ Bird Dog Taps - 10+ per side |
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CARDIO - Varies. Typically 30-60 seconds.

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|---|---|
| ☐ Staircase Climbs - 1-2 min | ☐ Boxer Shuffle |
| ☐ Jumping Jacks - 30+ sec | ☐ Mountain Climbers |
| ☐ Burpees - Easier or Harder | ☐ Jog in Place |
| ☐ Plank Jacks - Easier or Harder | ☐ Elliptical, Treadmill, Bike or Rower |
| ☐ Kettlebell Swings | ☐ Jump Rope - 1-2 min |
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Workout Builder + Tracker

Make extra copies of this page as you create more workouts for yourself!

Workout #1

EXERCISES	# SETS	# REPS	WTS USED	DATE DONE	DATE DONE	DATE DONE	DATE DONE

Workout #2

EXERCISES	# SETS	# REPS	WTS USED	DATE DONE	DATE DONE	DATE DONE	DATE DONE

NOTES:

- **To make a workout harder**, do one or more of the following: Do more sets, do more reps, use heavier weights, do a harder variation, change the tempo.
- Or, you could do several lower body exercises in a row, then several upper body exercises in a row, etc.
- **To make a workout easier**, do one or more of the following: Do fewer sets, do fewer reps, take longer rests, use lighter weights, or do an easier variation.
- **Keep notes!** For example, note if an exercise is too easy and you're ready to make it harder, if an exercise is too hard and you need to change it next time, or if an exercise is just right and you should stay at that level!
- **Find more exercises**, full workouts, warm-ups, and post-workout stretch sequences on [my YouTube channel!](#)