

Love Yourself Lean Program

Workout Schedule – Week 1-3

Shoulders + Arms + Abs + Cardio Workout

Complete each exercise for the prescribed number of repetitions. Rest 20-30sec, then repeat 2 more times before moving on to the next exercise.

Standing Dumbbell Shoulder Press – 15 reps, 1 round

Seated Dumbbell Shoulder Press – 10 reps, 3 rounds

Leaning Dumbbell Side Laterals – 10 reps, 3 rounds

Rear Delt Bent Over Flyes – 10 reps, 3 rounds

Alternating Dumbbell Curls – 10 reps per side, 3 rounds

Seated Dumbbell Concentration Curl – 10 reps per side, 3 rounds

Two-Arm Overhead Tricep Extension – 10 reps, 3 rounds

Plank Hold - 1 minute, 1 round

Superset:

Perform exercise A for the prescribed number of reps before moving on to exercise B. Repeat this superset 3 x.

A) Plank Push-ups - 10 reps (5 per side)

B) Side Plank Oblique Twist - 10 reps per side

Finish with 20 minutes of LISS Cardio of your Choice

Legs + Glutes + Calves Workout

Complete each exercise for the prescribed number of repetitions. Rest 20-30sec, then repeat 2 more times before moving on to the next exercise.

Body Weight Speed Squats – 20 reps, 1 round

Dumbbell Squats – 10 reps, 3 rounds

Dumbbell Curtsy Lunge – 10 reps per leg, 3 rounds

Dumbbell Stiff Leg Deadlifts – 10 reps, 3 rounds

Dumbbell Plie Squat with Calf Raises – 10 reps, 3 rounds

Stability Ball Hamstring Curls – 10 reps, 3 rounds

Standing Dumbbell Calf Raises – 10 reps per leg, 3 rounds

Back + Chest + Abs + Cardio Workout

Complete each exercise for the prescribed number of repetitions. Rest 20-30sec, then repeat 2 more times before moving on to the next exercise.

Bent-Legged Deadlifts – 10 reps, 3 rounds

Lunge One Arm Dumbbell Row – 10 reps per side, 3 rounds

Stability Ball Dumbbell Pull Overs – 10 reps, 3 rounds

Wide Push-ups – 10 reps, 3 rounds

Incline Dumbbell Chest Press – 10 reps, 3 rounds

Flat Bench Dumbbell Chest Flyes – 10 reps, 3 rounds

Superset:

Perform exercise A for the prescribed number of reps before moving on to exercise B. Repeat this superset 3 x.

A) Plank Push-ups – 10 reps (5 per side)

B) Side Plank Hips Drops – 10 reps per side

Finish with 20 minutes of LISS Cardio of your Choice

Total Body Circuit + Cardio Workout

Complete each exercise for the prescribed number of repetitions. Rest 20-30sec, then repeat 2 more times before moving on to the next exercise.

Dumbbell Squat & Press – 10 reps, 3 rounds

Dumbbell Lunge with Side Lateral Raises – 10 reps per leg, 3 rounds

Dumbbell Push-ups with Renegade Row – 10 reps, 3 rounds

Dumbbell Side Lunge with Front Raises – 10 reps per leg, 3 rounds

Dumbbell Stiff-Leg Deadlifts with Upright Row – 10 reps, 3 rounds

Dumbbell Set-up with Bicep Curl – 10 reps per leg, 3 rounds

Stability Ball Roll Outs – 10 reps, 3 rounds

Finish with 20 minutes of LISS Cardio of your Choice