

Love Yourself Lean

Workout Schedule – PHASE III (Weeks 8-10)

Lower Body Workout

For each Super Set, complete each exercise back-to-back for the prescribed number of repetitions, with minimal rest. Repeat each Super Set 3 x before moving on to the next Super Set.

Super Set I: (Repeat 3x)

- A) DB Narrow Squats.....12 reps
<https://www.youtube.com/watch?v=cj7QGihnU-w>
- B) DB Stiff Leg Deadlifts.....12 reps
<https://www.youtube.com/watch?v=4jk03jpUjTg>

Super Set II: (Repeat 3x)

- A) DB Bulgarian Split Squats.....10 reps
<https://www.youtube.com/watch?v=6wbGTBELIKc&t=3s>
- B) Lying Stability Ball Hamstring Curls15 reps
<https://www.youtube.com/watch?v=OOoMHL5-4pQ&t=27s>

Super Set III: (Repeat 3x)

- A) Walking Lunges10 steps per leg
https://www.youtube.com/watch?v=WzFNsy40n_c
- B) Dumbbell Side Step-Ups.....10 reps per leg
https://www.youtube.com/watch?v=EVsAAxEo_fm

Super Set IV: (Repeat 3x)

- A) Elevated DB Sumo Squats.....12 reps (elevated is optional)
<https://www.youtube.com/watch?v=imvvxxNjR3I>
- B) Dumbbell Curtsy Lunge10 reps per leg
<https://www.youtube.com/watch?v=M9sbHdtEoc>

Finish With 20-Minutes LISS Cardio

Love Yourself Lean

Workout Schedule – PHASE III (Weeks 8-10)

Upper Body Workout

For each Super Set, complete each exercise back-to-back for the prescribed number of repetitions, with minimal rest. Repeat each Super Set 3 x before moving on to the next Super Set.

Super Set I: (Repeat 3 x)

A) Stability Ball Push-ups.....to failure

<http://www.youtube.com/watch?v=ETfo3RyzBS>

B) Dumbbell Bent Over Rows.....10 reps

https://www.youtube.com/watch?v=DrGKoIH_gD0

Super Set II (Repeat 3 x)

A) Seated Dumbbell Shoulder Press....10 reps

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

B) Dumbbell Side Laterals.....10 reps

https://www.youtube.com/watch?v=XNadM_t6j4Q

Super Set III: (Repeat 3 x)

A) Stability Ball Bent Over Reverse DB Flyes.....10 reps

<https://www.youtube.com/watch?v=6XHH5tRT8E>

B) Dumbbell Biceps Curls.....10 reps

<https://www.youtube.com/watch?v=av7-8igSXTs>

Super Set IV: (Repeat 3 x)

A) Dumbbell Overhead Tricep Extensions....10 reps

https://www.youtube.com/watch?v=EZMMyp5_huQ

B) Dumbbell Hammer Curls.....10reps

<https://www.youtube.com/watch?v=vJg8vs1KVXY>

Finish With 20-Minutes Interval Cardio

Love Yourself Lean

Workout Schedule – PHASE III (Weeks 8-10)

Lower Body + Plyo Workout

For each Giant Set, complete each exercise back-to-back for the prescribed number of repetitions, with minimal rest. Repeat each Giant Set 3 x before moving on to the next Giant Set.

Giant Set I: (Repeat 3x)

- A) DB Narrow Squats.....12 reps
<https://www.youtube.com/watch?v=cj7QGihnU-w>
- B) DB Stiff Leg Deadlifts.....12 reps
<https://www.youtube.com/watch?v=4jk03jpUjTg>
- C) Explosive Jumps.....10 reps
<https://www.youtube.com/watch?v=wmpz7JQ5EJ8>

Giant Set II: (Repeat 3x)

- A) DB Bulgarian Split Squats.....10 reps
<https://www.youtube.com/watch?v=6wbGTBELIKc&t=3s>
- B) Lying Stability Ball Hamstring Curls15 reps
<https://www.youtube.com/watch?v=OOoMHL5-4pQ&t=27s>
- C) Speed Skaters.....10 reps per side
<https://www.youtube.com/watch?v=E5OgkeTBfNc>

Giant Set III: (Repeat 3x)

- A) Walking Lunges10 steps per leg
https://www.youtube.com/watch?v=WzFNSy40n_c
- B) Dumbbell Side Step-Ups.....10 reps per leg
https://www.youtube.com/watch?v=EVsAAxEo_fm
- C) Shootn' Hoops.....10 reps per side
<https://www.youtube.com/watch?v=xALiw1KN2X8>

Finish With 10-Minutes LISS Cardio

Love Yourself Lean

Workout Schedule – PHASE III (Weeks 8-10)

Full Body Workout

For each Super Set, complete each exercise back-to-back for the prescribed number of repetitions, with minimal rest. Repeat each Super Set 3 x before moving on to the next Super Set.

Super Set I: (Repeat 3x)

- A) Dumbbell Squat & Press.....12 reps
<https://www.youtube.com/watch?v=XcEmX6LskY8>
- B) DB Lunge Bicep Curl & Press.....10 reps per leg
<https://www.youtube.com/watch?v=WdgBpM3LNzE>

Super Set II: (Repeat 3x)

- A) Push-up / Side Plank w/ DB Row.....6 reps per side
<https://www.youtube.com/watch?v=BmURazyCWkw>
- B) Dumbbell Leg Scissors.....10 reps per leg
<https://www.youtube.com/watch?v=LOGKJ8Y-Q3g>

Super Set III: (Repeat 3x)

- A) DB Reverse Lunge & Press10 reps per side
<https://www.youtube.com/watch?v=5NOM1Shbae4>
- B) S.B. Plank Roll Outs.....15 reps
<https://www.youtube.com/watch?v=8Q1y16imbU>

Finish With 20-Minutes LISS or Interval Cardio

Love Yourself Lean

Workout Schedule – PHASE III (Weeks 8-10)

Cardio & Core Workout

NOTE: Complete Exercise A in the Core Circuit for the prescribed number of reps, followed by B) and C). Repeat core circuit twice before moving on to the Interval Cardio Blast. For each interval cardio circuit perform a 1min sprint/jog followed by a 1min walk/light jog, repeat 5 times.

Core Circuit I:

- A) Leg Raises.....Max Reps <https://www.youtube.com/watch?v=JB2oyawG9KI>
- B) Frog Crunch.....Max Reps https://www.youtube.com/watch?v=zRMYJf5oe_I
- C) V Sit Knee In & Outs.....Max Reps <https://www.youtube.com/watch?v=crLnaK9h5Rg>

Interval Cardio Circuit I:

- A) Treadmill Sprint/Jog.....1min x 5
- B) Treadmill Walk.....1min x 5

Core Circuit II:

- A) Stability Jackknife.....Max Reps https://www.youtube.com/watch?v=Wf9OFMD_ix8
- B) Stability Ball CrunchMax Reps https://www.youtube.com/watch?v=O7bZG5x_n6w
- C) Stability Ball Plank In & Oust.....Max Reps <https://www.youtube.com/watch?v=l8Q1y16imbU&t=11s>

Interval Cardio Circuit II:

- A) Treadmill Sprint/Jog.....1min x 5
- B) Treadmill Walk.....1min x 5

Core Circuit III:

- A) Side Plank Oblique Twist.....Max Reps Per Side <https://www.youtube.com/watch?v=RhC0j3WpzZE&t=50s>
- B) Side Oblique Leg Raises.....Max Reps Per Side <https://www.youtube.com/watch?v=OY0eh4o-SXQ>

Interval Cardio Circuit III:

- A) Treadmill Sprint/Jog.....1min x 5
- B) Treadmill Walk.....1min x 5

Love Yourself Lean

Workout Schedule – PHASE III (Weeks 8-10)

Full Body Workout A

For each Super Set, complete each exercise back-to-back for the prescribed number of repetitions, with minimal rest. Repeat each Super Set 3 x before moving on to the next Super Set.

Super Set I: (Repeat 3x)

A) Full Body Extensions12 reps

<https://www.youtube.com/watch?v=tuRr5W9ouvc>

B) Resistance Band Back Rows.....12 reps

<https://www.youtube.com/watch?v=boVz8454GVs>

Super Set II: (Repeat 3x)

A) Dumbbell Clean & Press.....10 reps per arm

<https://www.youtube.com/watch?v=r2QhWKxKt8A>

B) Dumbbell Lunge + Pass Through.....10 per leg

<https://www.youtube.com/watch?v=Vfx9-YwMkQ4>

Total Body Finisher: - “The Planker” (Repeat 2x)

1A) Explosive Jumps (20secs), rest 10 seconds

<https://www.youtube.com/watch?v=wmpz7JQ5EJ8>

1B) Plank Push-ups (20secs), rest 10 seconds

<https://www.youtube.com/watch?v=8v1aJBA3rM4>

1C) Speed Skaters (20secs), rest 10 seconds

<https://www.youtube.com/watch?v=E5OgkeTBfNc>

1D) Side Plank (20secs/side), rest 10 seconds

<https://www.youtube.com/watch?v=OfpJ0cLmpVk>

1E) Cracker Jacks (20secs), rest 10 seconds

<https://www.youtube.com/watch?v=sKt-2cwkiwg>

1F) Plank (20secs), rest 10 seconds

<https://www.youtube.com/watch?v=2ske7JKR3Dk>

Finish With 30-Minutes LISS or Interval Cardio

Love Yourself Lean

Workout Schedule – PHASE III (Weeks 8-10)

Full Body Workout B

For each Super Set, complete each exercise back-to-back for the prescribed number of repetitions, with minimal rest. Repeat each Super Set 3 x before moving on to the next Super Set.

Super Set I: (Repeat 3x)

- A) Dumbbell Squat Thruster.....10 reps
<https://www.youtube.com/watch?v=FkpyppN6hfk>
- B) Regular Push-ups.....10 reps
<http://www.youtube.com/watch?v=3tahkn1nrZE>

Super Set II: (Repeat 3x)

- A) Dumbbell Lunge Curl & Press.....10 reps per leg
<https://www.youtube.com/watch?v=YgzffN59Rlw>
- B) Mountain Climbers.....20 reps (10 per leg)
<http://www.youtube.com/watch?v=3KB7I9vakiC>

Super Set III: (Repeat 3x)

- A) Dumbbell Swings.....15 reps
https://www.youtube.com/watch?v=xYD8_pSSXP4
- B) Pike Step To Stand.....10 reps
<https://www.youtube.com/watch?v=D2FmTVaEgV0>

Finish With 30-Minutes LISS or Interval Cardio

Love Yourself Lean

Workout Schedule – PHASE III (Weeks 8-10)

Full Body Workout C

For each Super Set, complete each exercise back-to-back for the prescribed number of repetitions, with minimal rest. Repeat each Super Set 3 x before moving on to the next Super Set.

Super Set I: (Repeat 3x)

- A) DB Reverse Lunge w/ Shoulder Raises....10 reps
<https://www.youtube.com/watch?v=PIEwMGTtukw>
- B) Dumbbell Push-up & Row....6 reps per arm
<https://www.youtube.com/watch?v=Mk5dUWaZVGk>

Super Set II: (Repeat 3x)

- A) Dumbbell Stiff-Leg Deadlifts w/ Upright Row.....10 reps
https://www.youtube.com/watch?v=l25_vDkJtqw
- B) Side Plank with Hips Raises....10 reps per side
<https://www.youtube.com/watch?v=yIkog63hjsq>

Super Set III: (Repeat 3x)

- A) Stability Ball Crunch.....to failure
https://www.youtube.com/watch?v=O7bZG5x_n6w
- B) Stability Ball Plank Roll Outs.....to failure
<https://www.youtube.com/watch?v=l8Q1y16imbU>

Finish With 30-Minutes LISS Cardio

Love Yourself Lean

Workout Schedule – PHASE III (Weeks 8-10)

Full Body Cardio Burnout!!!!

Note: If you don't have access to a treadmill to complete this workout you can run outside or use an indoor track.

5min Warm-Up (Quick Walk)

Jog 30sec Sprint

30sec Recovery (Walk / Jog)

1min Dumbbell Swings

1min Jog 3min Run (pace between jog and sprint)

1min Sprint

1min Recover Jog

30sec Explosive Jumps

30sec Walking Lunges

30sec Jack Squats

30sec Skipping

2min Run (pace between jog and sprint)

1min Sprint

3min Recovery Jog

ENJOY THE SWEAT!!