

# Love Yourself Lean

## Workout Plan – PHASE II (Weeks 4-7)

### Legs + Glutes + Calves + Abs 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

#### Super Set:

A) Dumbbell Squats – 4 reps, 4 rounds

B) Dumbbell Stiff Leg Deadlifts – 4 reps, 4 rounds

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Dumbbell Curtsy Lunge – 6 reps per leg, 3 rounds

Weighted Glute Bridge – 6 reps per leg, 3\* rounds

Dumbbell Step-ups – 6 reps per leg, 3 rounds

Dumbbell Bulgarian Split Squats - 6 reps per leg, 3\* rounds

Standing Dumbbell Calf Raises – 6 reps per leg, 3\* rounds

Bench Leg Raises – 10 reps, 3\* rounds

Bench In & Outs - 10 reps, 3\* rounds

Weighted Crunch & Reach – 10 reps, 3\* rounds

Russian Twist – 10 reps per side, 3\* rounds

*\*In week 7, perform an optional 4 set to failure*

# Chest + Shoulders + Triceps + Cardio or Tabata

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

Wide Push-ups – 20 reps (1 warm-up set)

## Superset I:

A) Incline Dumbbell Press – 4 reps, 4 rounds

B) Bench Dips – 4 reps, 4 rounds

## Superset II:

A) Seated Dumbbell Shoulder Press, 4 reps, 4 sets

B) Dumbbell Upright Row, 4 reps, 4 sets

## Superset III:

A) One-Arm Overhead Tricep Extensions, 6 reps per arm, 3\* rounds

B) Dumbbell Tricep Kickbacks with Twist, 6 reps per arm, 3\* rounds

## Superset IV:

A) Rear Delt Bent-over Raise – 6 reps, 3\* rounds

B) Bench Dips – 6 reps, 3 rounds

*\*In week 4, perform an optional 4 round to failure*

**Cardio or Tabata:** Do LISS cardio of your choice for 30 minutes or Tabata (once through for beginners, twice through for advanced with a minute rest in between).

A) Crab Ups

B) Donkey Kick

# **Plyometric Circuit + Abs**

Repeat both circuit two times through.

## CIRCUIT I:

Speed Squats – 20 reps

Speedskaters – 20 reps

Jogging High Knees – 20 reps

Incline Power Push-ups – 20 reps

Jump Rope – 100 revolutions

Rest 30sec

## CIRCUIT II:

Reverse Lunge Front Kick – 15 reps per leg

Squat Jacks – 15 reps

Plank Walkout – 10 reps

Jump Rope – 100 revolutions

Rest 30sec

## Ab Workout

Bench Leg Raises – 10 reps, 3\* rounds

Bench In & Outs - 10 reps, 3\* rounds

Weighted Crunch & Reach – 10 reps, 3\* rounds

Russian Twist – 10 reps per side, 3\* rounds

*\*In week 7, perform an optional 4 set to failure*

# Back + Biceps + 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.

Lat Pull Downs – 6 reps, 3\* rounds

Lunge One-Arm Dumbbell Row – 6 reps, 3\* rounds

Dumbbell Good Mornings – 6 reps, 3\* rounds

Dumbbell In & Out Curl – 6 reps, 3\* rounds

Alternating Dumbbell Curl – 6 reps, 3 rounds

Superman – 6 reps, 3 rounds

Bicycle Crunches – 15 reps, 3 rounds

Frog Crunch – 15 reps, 3 rounds

*\*In week 7, perform an optional 4 round to failure*

**Cardio or Tabata:** Do LISS cardio of your choice for 30 minutes or 4 Minute Tabata. Alternating between 20 seconds of work, and 10 seconds of rest for eight rounds. Once through for beginners, twice through for advanced with a minute rest in between.

**A)** Plank Walkouts

**B)** Squat Jacks

# Legs + Quads + 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.

Jump Squats – 20 reps, 1 round

## **Super Set:**

- A)** Long Stride Walking Lunge – 6 reps per leg, 3 rounds
- B)** Short Stride Walking Lunges – 6 reps per leg, 3 rounds

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Zercher Bench Step-ups – 6 reps per leg, 3 rounds

Dumbbell Squats – 6 reps per leg, 3\* rounds

Band Walks – 6 reps per leg, 3 rounds

Out / Front / In Dumbbell Standing Calf Raise – 6 reps per leg, 3 rounds

*\*In week 7, perform an optional 4 set to failure*