

28-Day Workout Plan

Week One

W1/Workout 1

25 minutes of cardio

She's Got Legs

- 100 Squats
- 90 Walking Lunges
- 80 Mountain Climbers
- 70 Sumo Squats
- 60 Calf Raises
- 50 Glute Bridges
- 40 Curtsy Lunges
- 30 Step-Ups
- 20 Squats Jumps
- 10 Burpees

Tight Abs

- 50 Side Crunches
- 50 Crunches
- 50 Leg Lifts
- 2-min Plank
- 1- min Mountain Climbers

W1/Workout 2

Fab 15 x2- Do each move for one minute. Twice through the circuit.

1. Jumping Jacks
2. Squats or Wall Sit
3. Push Ups
4. Bicycle Crunches

5. Burpees
6. Alternating Lunges
7. Tricep Dips
8. Front Kicks
9. Plies with Upright Row
10. Bicycle Crunches
11. Shoulder Press or Squat Press
12. Height Knees
13. Squats or Squat Jumps
14. Bicep Curls
15. Plank or plank Punches

Tight Abs x2 (see workout 1)

W1/Workout 3

Summer HIIT Workout x2

- 1:00 Jumping Jacks
- :30 Squats
- :30 Front Lunges
- 1:00 High Knees
- :30 Burpees
- :30 Side Lunges
- 1:00 Mountain Climbers
- :30 Plank
- :30 Side Lunges
- 1:00 Butt Kickers
- :30 Squats
- :30 Crunches
- 1:00 High Knees
- :30 Front Lunges
- :30 Push Ups

Tight Abs Workout (see above)

W1/Workout 4 (optional)

30-50 minutes Cardio. Your choice, see list below.

Week 2

W2/Workout 1

20 minutes Cardio

Dream arms

<https://www.popsugar.com/fitness/10-Minute-Workout-Sexy-Sculpted-Arms-21620326>

Tight Tummy

- 20 crunches feet flat on floor
- 20 crunches knees at a 90 degree angle
- 20 crunches legs straight in the air
- 30 sec plank
- 15 reverse crunches
- 15 bicycle crunches (double count)
- 30 sec hollow hold
- 20 v-ups
- 20 straddle v-ups
- 20 single leg v-ups (double count)

W2/Workout 2

20 minutes Cardio

Super Sweaty Ab Workout x2

- 50 jumping jacks
- 50 crunches
- 50 squat jumps
- 60 sec plank
- 25 crunches to left, 25 crunches to right
- 60 sec high knees
- 25 reverse crunches
- 10 burpees
- 25 bicycle crunches
- 60 sec jump rope

- 20 left lifts
- 25 mountain climbers
- 25 crunches
- 25 skaters

Tight Tummy (see above)

W2/Workout 3 (optional)

30-50 minutes Cardio

W2/Workout 4

Wonder Woman Workout

- 5 Burpees
- 20 Squats
- 20 Mountain Climbers
- 10 Planks
- 20 Lunges
- 40 Sec Elbow Plank
- 10 Sit Ups
- 10 Push Ups
- 2:00 Rest
- Repeat x10

Week 3

W3/Workout 1

The 10s Workout

Start with 10 minutes of cardio.

Do the following moves 10 times each, work your way through each circuit, then start again with 9 times each, then 8, 7, 6, 5, 4, 3, 2, 1

Circuit 1

- Squats jumps
- Push ups
- Full sit ups

Circuit 2

- Mountain climbers
- Triceps dips
- Sumo squats

Circuit 3

- Jumping jacks
- Glute bridges
- Reverse crunches

Circuit 4

- Burpees
- Heel taps
- Bicep curls (or arm circles if you have no weights)

Ab Video Trifecta: Reps of 25

- Using hands for light support do a v-up with knees bent and a v-up in pike position-that's one rep.
- Again using hands for support, slightly leaned back, lift feet up and over to tap ground on one side, then tap ground on the other side keeping weight lifted for the entire 25 reps. If desired place an object to lift feet over as in the video.
- Full sit up to tap hands on floor on your right side, full sit up to tap hands on floor on the left side. That's one rep. You can hold a weight or medicine ball if available.

W3/Workout 2

30-50 minute cardio/Ab videos, 25 reps each, x3

W3/Workout 3

She's Got Legs Advanced

- 100 Squats with Upright Row
- 90 Walking Lunges with alternating Bicep Curls
- 80 Mountain Climbers
- 70 Sumo Squats with Bicep Curls
- 60 Calf raises with Lateral Arm raise
- 50 Glute Bridges with Chest Press
- 40 Curtsy Lunges with Tricep Pull Back
- 30 Step Ups with Overhead Press
- 20 Squat Jumps
- 10 Burpees (can add push up)

Ab Videos, 25 Reps each, x3 (see above)

W3/Workout 4

30-50 minute cardio/Ab videos, 25 reps each, x3

Week 4

W4/Workout 1

Ballet circuit workout

- 5-Minute Warm Up
- 25 Plie Squats (Wide Leg Position)
- 25 Plie Squats (Heels Together)
- 50 Calf Raises (Heels Together @ bottom)
- 20 incline Push ups
- Repeat Circuit x4

- 1 minute Pilates Hundreds (Legs Extended)
- 1 minute V-sit
- 1 minute Elbow Plank
- 30 sec R side Plank
- 30 Sec L side Plank
- Repeat Circuit x4
- 5-minute cool down

Core Killer

- 50 Crunches
- 15 Push Ups
- 1 min Plank
- 30 sec side plank
- 1 min Bridge
- 15 Push Ups
- 1 min Plank
- 30 sec side plank
- 50 crunches
- 1 minute Plank
- 1 minute Bridge

- 50 crunches

W4/Workout 2

Yoga Workout

Hold each move for 40 seconds and take a 20 second break in between. Switch sides if noted.

1. Forward Bend
2. Chair Pose
3. Downward Facing Dog
4. Dolphin Pose
5. One leg Downward Facing Dog (left)
6. One leg Downward Facing Dog (right)
7. Camel Pose
8. Cobra Pose
9. Upward Facing Dog
10. Forearm Plank
11. Side Forearm Plank (left)
12. Side Forearm Plank (right)
13. Bridge Pose
14. Warrior
15. Warrior II
16. Warrior III
17. Triangle Pose
18. Table Top
19. Child's Pose
20. Corpse Pose

Core Killer x2 (see above)

W4/Workout 3

30-50 minutes cardio (optional)

W4/Workout 4

Yoga workout x2 (see above)

Core Killer (see above)

Below is a Calendar Example of what your 28 day can look like. Feel free to follow this exact layout or adjust the workouts and rest days to your schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	25 min Cardio She's Got Legs Tight Abs	Rest	Fab 15 x2 Tight Abs x2	Rest	Summer HIIT X2 Tight Abs	30-50 min Cardio	Rest
Week 2	20 min Cardio Dream Arms Tight Tummy	Rest	Super Sweaty Abs x2 Cardio	30-50 min Cardio	Rest	Wonder Woman	Rest
Week 3	The 10s Ab Videos	30-50 min Cardio Ab videos X3	rest	She's got Legs Advanced Ab Videos	Rest	30-50 min Cardio Ab videos x3	Rest
Week 4	Ballet Circuit Core Killer	Rest	Yoga Core Killer	Rest	30-50 min Cardio	Yoga Core Killer x2	Rest