

My Workout Plan

*Push Ups! – 3 Times Weekly

3 Sets of 15

*Abs! – 3 Times Weekly

Reverse Crunches (4 Sets of 15)

Standing Side Crunches (4 Sets of 10 on each side w/ 10lb Dumbbells)

Bicycle (4 Sets of 15)

Leg Lifts (4 Sets of 15)

*Legs! – 3 Times Weekly

Walking Lunges (3 Sets of 15)

Walking Squats (3 Sets of 15)

Ballet Squats (3 Sets of 15)

Regular Squats (3 Sets of 15)

*Cardio! – 5 Times Weekly

45 minutes to an hour

*Eating Rules!

No less than 1300 calories and no more than 1400.

Must keep a food journal to be turned into me once a week.

Do not skip breakfast

Drink Lots of Water

No Sodas (Not even diet)

No Bread

No Pasta

No Coffee

No Sweets (Unless Sugar Free)

No Sweet Tea

Portions should only be the size of your palm

*Alternate Options (Just to change it up during the week)

Jumping Lunges (5 Sets of 10)

Scissors (20 Reps)

Toe Touches (20 Reps) – Lie on your back with a 10lb Dumbbell and your feet in the air and try to touch your toes.

Tricep Push Ups (3 Sets of 10)