



# WEEK 1 WORKOUT PLAN

## LET'S CRUSH IT!

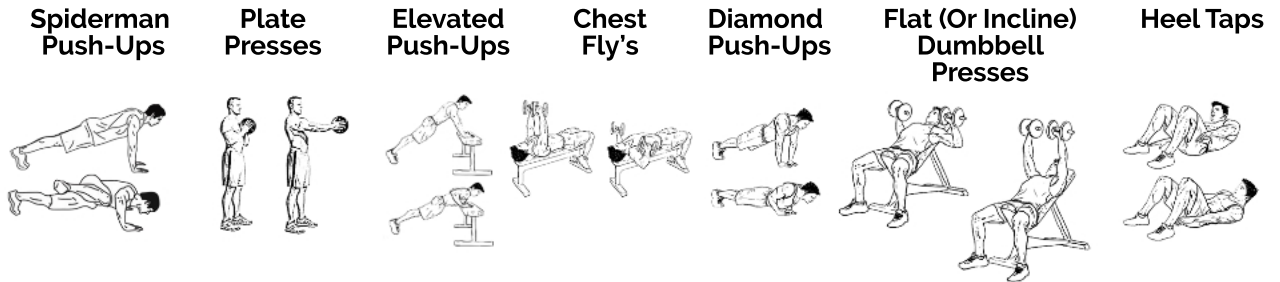


No gym? No fancy equipment? No problem!  
 Modify as needed, use what you have.  
 Household items work well as weight replacements.  
 Heck, you can even use your kids! No excuses!

*Note: Make sure to watch the Fit & Forged workout videos for a detailed explanation of each workout.*

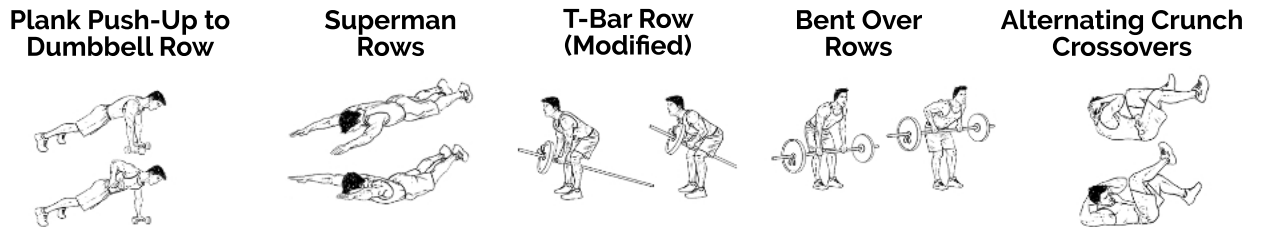
### Monday Chest

3 Sets;  
 12-15  
 Reps of  
 Each



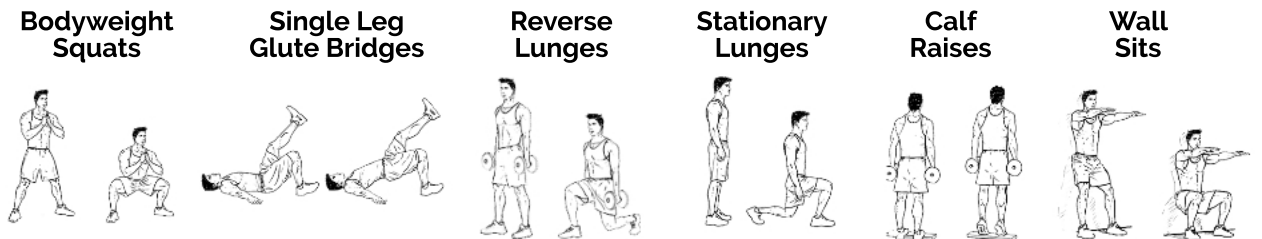
### Tuesday Back

3 Sets;  
 12-15  
 Reps of  
 Each



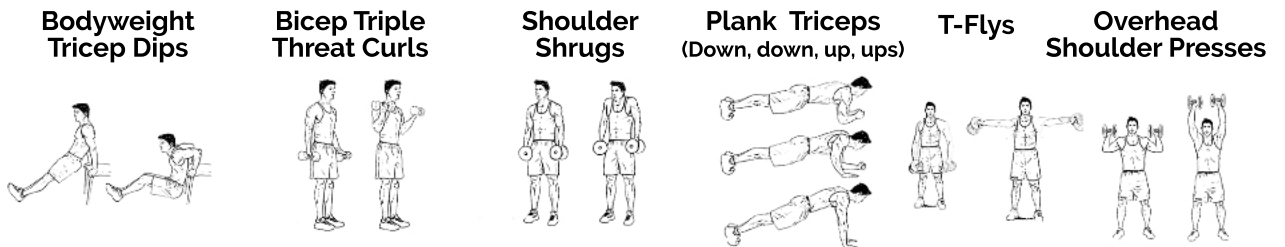
### Wednesday Legs

3 Sets;  
 12-15  
 Reps of  
 Each



### Thursday Arms

3 Sets;  
 12-15  
 Reps of  
 Each



### Friday Cardio/HIIT Training

Each week you have a Cardio/HIIT circuit day. To maximize the cardio days, I challenge you to 30 min of TOTAL work-whether a power walk, jog, or run! End each of these days with your 10 round "HIIT" finisher (Week 1 - Battle Rope Slams)

