

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





Plate Presses



Elevated Push-Ups



Diamond Push-Ups

d Flat (Or Incline) s Dumbbell Presses

r Incline) Heel Taps nbbell



Tuesday Back

3 Sets; 12-15 Reps of Each





Superman Rows



T-Bar Row (Modified)



Bent Over Rows



Alternating Crunch Crossovers



Wednesday Legs

3 Sets; 12-15 Reps of Each

Bodyweight Squats



Single Leg Glute Bridges



Reverse Lunges



Stationary Lunges



Calf Raises



Wall Sits



Thursday Arms

3 Sets; 12-15 Reps of Each

Bodyweight Tricep Dips



Bicep Triple Threat Curls



Shoulder Shrugs



Plank Triceps (Down, down, up, ups)



T-Flys

Overhead Shoulder Presses



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)

Week 1: Battle Rope Slams



Week 2: Jump Rope



Week 3: High Knees



Week 4: Jumping Jacks



Week 5: Mountain Climbers

