



WEEK 4 WORKOUT PLAN LET'S CRUSH IT!



It's week 4, let's keep the momentum going! The rotation of targeted areas is changing again. Remember to track your progress and modify (or up the intensity) as needed.

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

Monday Arms

3 Sets;
12-15
Reps of
Each

Bodyweight Tricep Dips



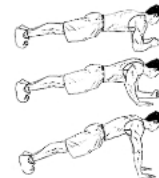
Bicep Triple Threat Curls



Shoulder Shrugs



Plank Triceps (Down, down, up, ups)



T-Flys



Overhead Shoulder Presses



Tuesday 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 4 - Jumping Jacks)

Week 1: Battle Rope Slams



Week 2: Jump Rope



Week 3: High Knees



Week 4: Jumping Jacks



Week 5: Mountain Climbers



Wednesday Chest

3 Sets;
12-15
Reps of
Each

Spiderman Push-Ups



Plate Presses



Elevated Push-Ups



Chest Fly's



Diamond Push-Ups



Flat (Or Incline) Dumbbell Presses



Heel Taps



Thursday Legs

3 Sets;
12-15
Reps of
Each

Bodyweight Squats



Single Leg Glute Bridges



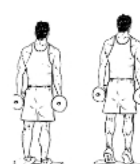
Reverse Lunges



Stationary Lunges



Calf Raises



Wall Sits



Friday Back

3 Sets;
12-15
Reps of
Each

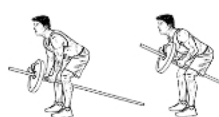
Plank Push-Up to Dumbbell Row



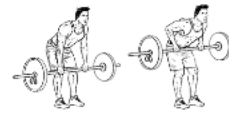
Superman Rows



T-Bar Row (Modified)



Bent Over Rows



Alternating Crunch Crossovers

