



2 WEEK WORKOUT PLAN

- All you need is a couple dumbbells or light weights and enough space to move around.
- Some exercises say Kettlebell – but you can just sub that out with a dumbbell.
- Click on each exercise to see a video tutorial of how to do the move with correct form.

<p><u>DAY 1</u></p> <p>3 ROUNDS 15 pushups 20 squat jumps 20 walking lunges 30 Russian Twists</p>	<p><u>DAY 2</u></p> <p>3 ROUNDS 20 glute bridges 20 donkey kicks -each leg 30 sec plank hold</p>	<p><u>DAY 3</u></p> <p>3 ROUNDS 30 high knees 20 reverse lunge 30 crunches 20 flutter kicks</p>	<p><u>DAY 4</u></p> <p>CARDIO DAY</p> <p>30 minutes your choice of cardio</p>	<p><u>DAY 5</u></p> <p>REST DAY</p>	<p><u>DAY 6</u></p> <p>3 ROUNDS 10 inch worms 15 shoulder press 20 walking lunges with twist 10 burpees</p>	<p><u>DAY 7</u></p> <p>3 ROUNDS 40 toe taps 30 mountain climbers 20 high knees 10 jump squats</p>
<p><u>DAY 8</u></p> <p>3 ROUNDS 10 Frankenstein walks 20 side lunges 20 glute bridges 30 sec wall sit</p>	<p><u>DAY 9</u></p> <p>Interval timer- 40/20 5 rounds</p> <p>Planks Crunches Flutter kicks Russian twists Inch worms</p>	<p><u>DAY 10</u></p> <p>Interval timer- 40/20 5 rounds</p> <p>Toe taps Jump squats High knees Glute bridge Shoulder taps</p>	<p><u>DAY 11</u></p> <p>CARDIO DAY</p> <p>30 minutes your choice of cardio</p>	<p><u>DAY 12</u></p> <p>REST DAY</p>	<p><u>DAY 13</u></p> <p>3 ROUNDS 20 goblet squats KB around world KB rows KB romain deads</p>	<p><u>DAY 14</u></p> <p>3 ROUNDS 12 bul split Squats 12 Bicep curl to shoulder press 12 tricep extension 12 renegade rows</p>



-You can download any free interval timer from your mobile app store.

40/20 = 40 seconds of intense work, 20 seconds of rest. REPEAT until all 3 rounds are complete.

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