

# *Week One & Two*

MONDAY

## **9 MINUTE MISSION**

### TOTAL BODY TONER

Perform the set number of repetitions of Exercise #1, immediately followed by the set number of repetitions for Exercise #2 and so on until you have completed all five exercises in the Circuit. Do as many rounds of this Circuit as you can in 9 Minutes. Go All Out!! Take breaks when needed and note how many rounds you completed. Try and beat your number of rounds in week 2.

### CIRCUIT:

Exercise #1: Body Weight Squats – 10 Reps

Exercise #2: Push-ups – 10 Reps

Exercise #3: Explosive Jumps – 10 Reps

Exercise #4: Plank Hip Drops – 10 Reps (5 taps per side)

Exercise #5: Dumbbell Swings – 10 Reps

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Complete the following Jumping Jack Attack Cardio Workout after you have completed the 9 Minute Mission.

### Jumping Jack Attack

Do as many jumping jacks as you can in 20 seconds, then rest for 20 seconds. Repeat by increasing the time to 30 seconds and rest for 30 seconds. Then move on to 40 seconds. Repeat this cycle three times for a quick and effective cardio workout!

### ONE CYCLE:

20 sec work., rest 20 sec. | 30 sec. work, rest 30 sec., | 40 sec., rest 40 sec.  
(Repeat 3x)

# *Week One & Two*

TUESDAY

## **SUPER SET SHAPERS**

### LOWER BODY TONER

Starting with Superset #1 perform the set number of repetitions if Exercise A, immediately followed by the set number of repetitions for Exercise B. Repeat both exercises back-to-back two times, before moving on to the next Superset. Take breaks when needed. Note how long it took you to complete this workout. Try and decrease your time in Week 2.

#### SUPER SET #1:

Exercise A) Dumbbell Squats – 10 Reps  
Exercise B) Dumbbell Alt. Lunges – 5 Reps Per Leg

#### SUPER SET #2:

Exercise A) Dumbbell Reverse Lunge & Press – 5 reps per leg  
Exercise B) – Dumbbell Stiff-Leg Deadlifts – 10 reps

#### SUPER SET #3:

Exercise A) Dumbbell Alternating Side Lunges – 5 reps per leg  
Exercise B) Dumbbell Bridge Thrusts – 10 reps

# *Week One & Two*

WEDNESDAY

## **9 MINUTE MISSION**

### TOTAL BODY TONER

Perform the set number of repetitions of Exercise #1, immediately followed by the set number of repetitions for Exercise #2 and so on until you have completed all five exercises in the Circuit. Do as many rounds of this Circuit as you can in 9 Minutes. Go All Out!! Take breaks when needed and note how many rounds you completed. Try and bet your number of rounds in week 2.

### CIRCUIT:

Exercise #1: Dumbbell Swings – 10 Reps

Exercise #2: Push-ups – 10 Reps

Exercise #3: Explosive Jumps – 10 Reps

Exercise #4: Plank Shoulder Tap – 10 Reps (5 taps per shoulder)

Exercise #5: Reverse Crunches – 10 Reps

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Complete the following High Incline Treadmill Running Cardio Workout after you have completed the 9 Minute Mission.

### High Incline Treadmill Running Cardio:

Set your treadmill to incline. Sprint for 15 seconds, then walk for 45 seconds. Repeat 12 times. Increase the treadmill speed or adjust the incline to change the intensity of the workout.

### ONE CYCLE:

15sec. Sprint, 45sec. Walk  
(Repeat 12x)

# *Week One & Two*

THURSDAY

## **TOTAL BODY HITT**

Starting with Round One perform Exercise A for 20 seconds, rest for 10 seconds. Next complete 20 seconds of Exercise B, rest for 10 seconds. Repeat both exercises back-to-back four times, before moving on to Round Two.

### ROUND ONE:

Exercise A) 20 Sec. Dumbbell Squat & Press  
10 Sec. Rest  
Exercise B) 20 Sec. Mountain Climbers  
10 Sec. Rest  
(Repeat 4x)

### ROUND TWO:

Exercise A) 20 Sec. Dumbbell Curtsy Lunge with Tricep Kick Back  
10 Sec. Rest  
Exercise B) 20 Sec. Cracker Jacks  
10 Sec. Rest  
(Repeat 4x)

# *Week One & Two*

SATURDAY

## **SEXY SWEAT AND STRETCH**

### OPTION ONE:

Complete each exercise in the following Circuit for 1-Minute. Rest for 2 minutes and repeat the circuit 2-3 times.

#### CIRCUIT:

Jogging on Spot  
Jumping Jacks  
Dumbbell Swings  
Speed Skaters  
Pike Step-To-Stand  
Butt Kicks  
Plank Jacks  
Jogging High Knees  
(Repeat 2-3x)

Followed by the 15-Minute Stretch It Out Routine  
(Follow Along Video)



### OPTION TWO:

Complete 20 minutes of cardio, your choice! (running, walking, hiking, swimming, tennis, biking, etc.)

Followed by the 15-Minute Stretch It Out Routine  
(Follow Along Video)

# *Week Three & Four*

MONDAY

## **BEACH BOOTY**

Starting with Superset #1 perform the set number of repetitions of Exercise A, immediately followed by the set number of repetitions for Exercise B. Repeat both exercises back-to-back two times, before moving on to the next Superset. Take breaks when needed.

Note how long it took you to complete this workout. Try and decrease your time in Week 2.

### **SUPER SET #1:**

Exercise A) 1-Arm Alter. Dumbbell Swings – 10 reps per arm

Exercise B) Dumbbell Reserve Lunge – 8 reps per leg

### **SUPER SET #2:**

Exercise A) Single Lead Dumbbell Dead Lifts – 8 reps per leg

Exercise B) Sumo Squat Jumps – 10 reps

### **SUPER SET #3:**

Exercise A) Single Lead Dumbbell Dead Lifts – 8 reps per leg

Exercise B) Sumo Squat Jumps – 10 reps

# *Week Three & Four*

TUESDAY

## **TONE IT UP!**

### TOTAL BODY TONER

Perform the set number of repetitions of Exercise #1, immediately followed by the set number of repetitions for Exercise #2 and so on until you have completed all five exercises in the Circuit. Complete this Circuit 3 times.

### CIRCUIT:

- A) Iron Cross Squats – 10 reps
  - B) Alternating Lunges – 10 reps per leg
  - C) Push-Ups – 10 reps
  - D) Air Squats – 20 reps
  - E) Plank Hold – 30- to 60 seconds
  - F) Wall Sit – 30 to 60 seconds
- (Repeat 3x)

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Add the following Jump Rope Challenge to your toning workout.

### Jump Rope Challenge:

Perform 50-100 jumps or jump for 30-60 seconds between each of the exercises in the Tone It Up! Tuesday workout above. This is a fantastic way to keep my heart rate up while working out.

# *Week Three & Four*

WEDNESDAY

## **H U M P   D A T   H I T T**

Starting with Round One preform Exercise A for 20 seconds, rest for 10 seconds. Next complete 20 seconds of Exercise B, rest for 10 seconds. Repeat both exercises back-to-back four times, before moving on to Round Two.

### ROUND ONE:

Exercise A) 20 Seconds Leg Raises  
10 Second Rest

Exercise B) 20 Seconds Shootin' Hoops  
10 Second Rest

\*Repeat 4x

### ROUND TWO:

Exercise A) 20 Seconds Bicycle Crunches  
10 Second Rest

Exercise B) 20 Seconds Jogging High Knees  
10 Second Rest

\*Repeat 4x

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Complete 30 minutes of cardio, your choice! (running, walking, hiking, swimming, tennis, biking, etc.) Followed by the 15-Minute Stretch It Out Routine (Video)



# *Week Three & Four*

THURSDAY

## **SUPER SET SHAPERS**

### TANK TOP READY ARMS

Starting with Superset #1 perform the set number of repetitions if Exercise A, immediately followed by the set number of repetitions for Exercise B. Repeat both exercises back-to-back two times, before moving on to the next Superset. Take a breaks when needed. Note how long it took you to complete this workout. Try and decrease your time in Week 4.

### SUPER SET #1:

Exercise A) Incline Push-up – 10 Reps

Exercise B) Dumbbell Bent over Rows – 5 Reps per Arm

### SUPER SET #2:

Exercise A) Stability Ball Dumbbell Chest Press – 10 reps

Exercise B) – Stability Ball DB Shoulder Press – 10 reps

### SUPER SET #3:

Exercise A) Dumbbell Bicep Curls - 10 reps per arm

Exercise B) Dumbbell Tricep Overhead Extensions – 10 reps

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Complete the following High Incline Treadmill Running Cardio Workout after you have completed the Super Set Shaper Workout

### High Incline Treadmill Running Cardio:

Set your treadmill to incline. Sprint for 15 seconds, then walk for 45 seconds. Repeat 12 times. Increase the treadmill speed or adjust the incline to change the intensity of the workout.

# *Week Three & Four*

## SATURDAY

### S U M M E R S W E A T

Complete each exercise in the following Circuit for 1-Minute. Rest for 2 minutes and repeat the circuit 2-3 times.

#### CIRCUIT:

Jogging on Spot  
Jumping Jacks  
Dumbbell Swings  
Speed Skaters  
Pike Step-To-Stand  
Butt Kicks  
Plank Jacks  
Jogging High Knees  
(Repeat 2-3x)



## SUNDAY

### SWEAT IT OUT!

Complete 30 minutes of cardio, your choice! (running, walking, hiking, swimming, tennis, biking, etc.)

Followed by the 15-Minute Stretch It Out Routine  
(Follow Along Video)

# *Week Five & Six*

MONDAY

## **9 MINUTE MISSION**

### TOTAL BODY TONER

Perform the set number of repetitions of Exercise #1, immediately followed by the set number of repetitions for Exercise #2 and so on until you have completed all five exercises in the Circuit. Do as many rounds of this Circuit as you can in 9 Minutes. Take breaks when needed and note how many rounds you completed. Try and bet your number of rounds in week 6.

### CIRCUIT:

Exercise #1: Dumbbell Squat & Press – 10 Reps

Exercise #2: Dumbbell Push-ups & Row - 10 Reps

Exercise #3: Cracker Jacks – 10 Reps

Exercise #4: Dumbbell Russian Twists – 10 reps per side

Exercise #5: Plank Push-ups – 10 Reps (5 per side)

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Complete the following Jumping Jack Attack Cardio Workout after you have completed the 9 Minute Mission.

### Jumping Jack Attack

Do as many jumping jacks as you can in 20 seconds, then rest for 20 seconds. Repeat by increasing the time to 30 seconds and rest for 30 seconds. Then move on to 40 seconds. Repeat this cycle three times for a quick and effective cardio workout!

### ONE CYCLE:

20 sec work., rest 20 sec. | 30 sec. work, rest 30 sec., | 40 sec., rest 40 sec.  
(Repeat 3x)

# *Week Five & Six*

TUESDAY

## **TIGHT & TONED CORE**

**\*\* FOLLOW-ALONG VIDEO \*\***

Starting with Circuit I preform each exercise back to back for 20 seconds per exercise. Take breaks when needed.

Repeat each circuit twice before moving on to the next one.

### **CIRCUIT I:**

Dumbbell Wood Chops  
Dumbbell Triangles  
Standing Dumbbell Knee to Elbow

### **CIRCUIT II:**

Stability Ball Crunch  
Stability Ball V Ups  
Stability Ball Mountain Climbers

### **CIRCUIT III:**

Single Leg Crunch  
Kneeling Torso Twist  
Side Plank w/ Dumbbell Twist  
Runners Crunch

# *Week Five & Six*

WEDNESDAY

## **9 MINUTE MISSION**

### TOTAL BODY TONER

Perform the set number of repetitions of Exercise #1, immediately followed by the set number of repetitions for Exercise #2 and so on until you have completed all five exercises in the Circuit. Do as many rounds of this Circuit as you can in 9 Minutes. Take breaks when needed and note how many rounds you completed. Try and bet your number of rounds in week 6.

### CIRCUIT:

Exercise #1: Dumbbell Step-Up – 10 Reps per leg

Exercise #2: Incline Push-ups – 10 Reps

Exercise #3: – Dumbbell Squat & Press - 10 Reps

Exercise #4: Dumbbell Stiff-Lead Deadlifts w/ Upright Row – 10 Reps

Exercise #5: Crunch & Punch – 10 Reps (5 per side)

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Complete the following High Incline Treadmill Running Cardio Workout after you have completed the 9 Minute Mission.

### High Incline Treadmill Running Cardio:

Set your treadmill to incline. Sprint for 15 seconds, then walk for 45 seconds. Repeat 12 times. Increase the treadmill speed or adjust the incline to change the intensity of the workout.

ONE CYCLE:

15sec. Sprint, 45sec. Walk

(Repeat 12x)

# *Week Five & Six*

THURSDAY

## **NO EQUIPMENT BUTT & THIGH**

**\*\* FOLLOW-ALONG VIDEO \*\***

Perform each exercise for 40sec followed by a 10sec rest. Complete all three exercises in each Circuit, rest for 20 seconds then repeat Circuit twice before moving on to the next one.

### **CIRCUIT I:**

- A) Double Down Squats
- B) Alternating Reverse Lunges
- C) Explosive Jumps

### **CIRCUIT II:**

- Narrow Squat w/ Glute Kickback
- B) Alternating Curtsy Lunges
- C) Double Down Static Lunges

### **CIRCUIT III:**

- A) Side-To-Side Squats
- B) Side-To-Side Static Lunges
- C) Sumo Squat Hold w/ Calf Raises

### **FINISHER:**

Perform Exercise A for 20 seconds, rest for 10 seconds. Complete Exercise B for 20 seconds, rest for 10 seconds. Repeat both exercises back-to-back four times,

- A) Air Squats
- B) Wall Sit

# *Week Five & Six*

FRIDAY

## **9 MINUTE MISSION**

### CORE CRUSHER

Perform the set number of repetitions of Exercise #1, immediately followed by the set number of repetitions for Exercise #2 and so on until you have completed all five exercises in the Circuit. Do as many rounds of this Circuit as you can in 9 Minutes. Take breaks when needed and note how many rounds you completed. Try and bet your number of rounds in week 6.

### CIRCUIT:

Exercise #1: Plank Shoulder Tap – 6 taps per shoulder

Exercise #2: Reverse Crunches – 10 Reps

Exercise #3: – Toe Touch Crunch – 15 Reps

Exercise #4: Bicycle Crunches – 12 Reps (6 per side)

Exercise #5: Leg Scissors - 12 Reps (5 per leg)

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Complete the following Cardio Challenge after you have completed the 9 Minute Mission.

### Cardio Challenge:

Complete one, 20-Minute HIIT Cardio session using the 20 / 10 Interval Sprints Method after you have completed the 9 Minute Mission Workout. If you don't have a treadmill you can perform this workout outside.

Start with a light walk/Jog for 5 Minutes. Sprint / Jog for 20 seconds, Walk for 10 seconds. Repeat for 5 minutes, followed by a 5-minute active recovery walk/jog. Repeat another 5-minute round of 20/10 sprint / walk interval.

# *Week Five & Six*

SATURDAY

## **ITTY BITTY BOOTCAMP**

STEP ONE: Warm-Up with a Slow 5-minute Walk / Jog.

STEP TWO: Perform each exercise in the following Circuit back-to-back until all exercises have been completed.

STEP THREE: Repeat the Circuit 2 x. Take breaks when needed and note your total workout time. Try and decrease your workout time in week 6.

CIRCUIT:

30-second sprint  
1-minute jog / walk  
20 Walking Lunges  
30-second Sprint  
1-minute jog / walk  
20 Squats  
30-second sprint  
1-minute walk / jog  
20 Push-ups  
30-second sprint  
1-minute walk / jog  
1-minute Plank  
30-second sprint  
1-minute walk / jog  
REPEAT 2X





# *Week Seven & Eight*

TUESDAY

## **TONED ARMS & ABS**

**\*\* FOLLOW-ALONG VIDEO \*\***

Complete each exercise in the following circuit for 30sec, followed by a 10sec rest, before moving on to the next exercise. Repeat this complete Circuit of 10 exercise two to three times.

### **CIRCUIT I:**

Walking Push-ups

Plank 1-Arm Dumbbell Reverse Flyes

V Sit Shoulder Press

Narrow Push-ups

Plank Tricep Kickbacks

V Sit w/ Dumbbell Chest Flyes

Dumbbell T Raises

Dumbbell Alter. Bent Over Rows

Plank Serve the Platter

V Sit Russian Twists



# *Week Seven & Eight*

TUESDAY

TONE IT UP!

Perform the set number of repetitions of Exercise #1, immediately followed by the set number of repetitions for Exercise #2 and so on until you have completed all five exercises in the Circuit. Complete this Circuit 3 times.

## CIRCUIT:

- A) Iron Cross Squats – 10 reps
- B) Alternating Lunges – 10 reps per leg
- C) Push-Ups – 10 reps
- D) Air Squats – 20 reps
- E) Plank Hold – 30- to 60 seconds
- F) Wall Sit – 30 to 60 seconds



Complete the following Jumping Jack Attack Cardio Workout after you have completed the Tone It Up! Workout.

## Jumping Jack Attack

Do as many jumping jacks as you can in 20 seconds, then rest for 20 seconds. Repeat by increasing the time to 30 seconds and rest for 30 seconds. Then move on to 40 seconds. Repeat this cycle three times for a quick and effective cardio workout!

ONE CYCLE:

20 sec work., rest 20 sec. | 30 sec. work, rest 30 sec., | 40 sec., rest 40 sec.  
(Repeat 3x)

# *Week Seven & Eight*

WEDNESDAY

## **H U M P   D A T   H I T T**

Starting with Round One perform Exercise A for 20 seconds, rest for 10 seconds. Next complete 20 seconds of Exercise B, rest for 10 seconds. Repeat both exercises back-to-back four times, before moving on to Round Two.

### **ROUND ONE:**

20 Seconds Leg Raises

10 Second Rest

20 Seconds Shootin' Hoops

10 Second Rest

\*Repeat 4x

### **ROUND TWO:**

20 Seconds Bicycle Crunches

10 Second Rest

20 Seconds Jogging High Knees

10 Second Rest

\*Repeat 4x

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Complete 30 minutes of cardio, your choice! (running, walking, hiking, swimming, tennis, biking, etc.) Followed by the 15-Minute Stretch It Out Routine (Video)

# *Week Seven & Eight*

THURSDAY

## **LOVE YOUR BOOTY**

**\*\* FOLLOW-ALONG VIDEO \*\***

Starting with Superset #1 preform Exercise A for 30 seconds, immediately followed by 30 seconds of Exercise B. Repeat both exercises back-to-back two times, before moving on to the next Superset. Take a breaks when needed.

### **SUPER SET #1:**

- A) Squat with Alternating Forward Lunges
- B) Speed Skaters

### **SUPER SET #2:**

- A) Static Curtsy Lunge (15 sec per leg)
- B) Explosive Jumps

### **SUPER SET #3:**

- A) Dumbbell Single Leg Dead Lifts (15 sec. per leg)
- B) Low Jacks with Touch Down

### **FINISHER:**

- Right Leg Static Lunges - 5 reps
- Left Leg Static Lunges - 5 reps
- Baby Squats - 10 reps
- Low Squat Hold with Alt. Reverse Lunges - 10 reps per leg  
(Repeat 2x)

# *Week Seven & Eight*

FRIDAY

## **TIGHT & TONED CORE**

**\*\* FOLLOW-ALONG VIDEO \*\***

Starting with Circuit I preform each exercise back to back for 20 seconds per exercise. Take breaks when needed.

Repeat each circuit twice before moving on to the next one.

### **CIRCUIT I:**

Dumbbell Wood Chops  
Dumbbell Triangles  
Standing Dumbbell Knee to Elbow

### **CIRCUIT II:**

Stability Ball Crunch  
Stability Ball V Ups  
Stability Ball Mountain Climbers

### **CIRCUIT III:**

Single Leg Crunch  
Kneeling Torso Twist  
Side Plank w/ Dumbbell Twist  
Runners Crunch

# *Week Seven & Eight*

SATURDAY

## ULTIMATE STAIR CLIMBING WORKOUT

BEGIN

Climb four flights, hitting every step (walk/jog backdown)

Climb four flights, two steps at a time (walk/jog backdown)

Run four flights, hitting every step (walk/jog backdown)

Run four flights, two steps at a time (walk/jog backdown)

Climb four flights, sideways steps (walk/jog backdown)

2 Minute Jog

Walking Lunges, 20 reps, 10 per leg

Butt Kickers, 30 seconds

Climb four flights, two steps at a time x 2 rounds

Climb four flights, sideways squats (lead with the right for one flight, then lead with the left, repeat to the 4th floor)

Run four flights, two steps at a time

2 Minute Jog

50 Step Toe Tabs

Climb One Flight

50 Step Toe Tabs

Climb One Flight

50 Step Toe Tabs

Climb One Flight

50 Step Toe Tabs

Climb One Flight

2 Minute Jog

Climb four flights, two steps at a time x 2 rounds

Finish with one sprint all the way to the top of the staircase  
(Ideally 7-8 flights)

