

WEEK 2

FREE

5-DAY

WORKOUT

PLANNER



WEDNESDAY

CARDIO

25 Mins Incline
Treadmill

3 ROUNDS

15 Mt Climbers
25 Push Ups
10 Burpees
25 Jumping Jacks
25 Crunches
25 Russian Twists

BURNOUT

Sit Ups until failure

MONDAY

CARDIO

25 Mins Elliptical

3 ROUNDS

15 Tricep kickbacks
15 Bicep Curls
12 Hammer Curls
25 Tricep Dips
25 Mt Climbers
15 Upright Rows

BURNOUT

Pushups until failure

THURSDAY

CARDIO

20 Mins Stair Master

3 ROUNDS

15 DB Walking Squats
15 Weight Sumo Squat
15 Barbell Squat
15 Leg Extensions
15 Wall Ball Throws

BURNOUT

Jumping Jacks until
failure

TUESDAY

CARDIO

25 Mins Stair Master

3 ROUNDS

15 Walking Squats
15 DB Curtsy Lunges
15 DB Alt Lunges
25 Jump Squats
15 DB Step Ups
25 Bridge Lifts

BURNOUT

Pulse Squats until
failure

FRIDAY

CARDIO

25 Mins Elliptical

3 ROUNDS

15 DB Press
15 Lateral Raises
15 Db Flys
15 Seated Cable Rows
15 Push Ups
15 DB Rows

BURNOUT

3X 1 Min Planks