

daily

WORKOUT

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DATE

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NAME:



*Legs & Cardio Workout*  
COMPLETE 3 ROUNDS OF EACH CIRCUIT

WEIGHTS USED:

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DAILY MEALS &  
WATER

THE CIRCUITS

Circuit 1:

- 20 alternating split lunge jumps
- 15 weighted static lunges per side
- 30 seconds skaters

Circuit 2:

- 20 weighted plie squats
- 12 plie squat jumps
- 20 single leg front karate kicks per side

Circuit 3:

- 20 alt. back lunge w/ dumbbell twist
- 30 seconds running man
- 15 weighted squat jumps

Circuit 4:

- 12 DB rows w/ single leg booty kickback per side
- 30 opposite knee to elbow mountain climbers
- 30 seconds knee ins per side

Finish with an optional 15-20 minute walk on the treadmill or outside!