

daily

WORKOUT

WWW.BESSHARRINGTONCARTER.COM

DATE

__/__/____

NAME:



MONDAY

Legs & Cardio Workout
COMPLETE 3 ROUNDS OF EACH CIRCUIT

WEIGHTS USED:

DAILY MEALS &
WATER

THE CIRCUITS

Circuit 1:

- 30 seconds squat jacks
- 30 squat w/ alternating leg abductor
- 30 seconds skaters w/ single leg hop

Circuit 2:

- 20 alt. curtsy lunge w/ upright row
- 20 split lunge jumps
- 20 seconds DB press jacks

Circuit 3:

- 12 weighted squat jumps
- 30 walking lunges
- 20 front kicks (per side)

Circuit 4:

- 10 double squat jump burpees
- 12 back lunges (per side)
- 30 seconds high knees

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