

daily

WORKOUT

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DATE

__/__/____

NAME:



WEDNESDAY

Abs, Arms & Cardio Workout

COMPLETE 3 ROUNDS OF EACH CIRCUIT

WEIGHTS USED:

DAILY MEALS &
WATER

THE CIRCUITS

Circuit 1:

- 30 plank jacks
- 30 alternating shoulder tap planks
- 10 burpees with 2 jumping jack

Circuit 2:

- 16 alternating back lunge w/ bicep curl to press
- 10 bent over rows + 10 rear flyes
- 50 bicycle abs

Circuit 3:

- 40 weighted russian twists
- 20 x-ups
- 1 minute high knees

Circuit 4:

- 15 pushups
- 40 alternating knee to elbow planks
- 40 mountain climbers

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