

daily

WORKOUT

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DATE

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NAME:



FRIDAY

WEIGHTS USED:

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DAILY MEALS &  
WATER

*Full Body Workout*  
COMPLETE 3 ROUNDS OF EACH CIRCUIT

THE CIRCUITS

Circuit 1:

- 12 lunge-squat-lunge jumps
- 15 plank jacks + 15 alternating shoulder tap planks
- 10 double squat jump burpees

Circuit 2:

- 30 walking lunges
- 10 bent over rows + 10 rear flyes
- 50 bicycle abs

Circuit 3:

- 40 weighted russian twists
- 15 squats with curl to press
- 15 squat jumps

Circuit 4:

- 10 mountain climbers + 10 pushups
- 14 back lunges w/ dumbbell twist (per side)
- 1 minute high knees

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