

# daily

## WORKOUT

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DATE

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NAME:



WEDNESDAY

### *Abs, Arms, & Cardio Workout*

COMPLETE 3 ROUNDS OF EACH CIRCUIT

WEIGHTS USED:

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DAILY MEALS &  
WATER

### THE CIRCUITS

#### Circuit 1:

- 40 DB jumping jacks (use light weights)
- 16 down dog shoulder pushups
- 40 mountain climbers

#### Circuit 2:

- 20 X-ups
- 40 bicycle crunches
- 20 weight runs (per side)

#### Circuit 3:

- 20 alt. lateral raise & front raise
- 12 triceps kickbacks w/ booty kickback (per side)
- 20 weighted v-sits w/ bicep curl

#### Circuit 4:

- 12 DB lateral lunge to knee up + DB press (per side)
- 1 min plank jacks
- 20 squats to press

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