

daily

WORKOUT

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DATE

__/__/____

NAME:



Abs, Arms & Cardio Workout

COMPLETE 3 ROUNDS OF EACH CIRCUIT

WEIGHTS USED:

DAILY MEALS &
WATER

THE CIRCUITS

Circuit 1:

- 30 crossbody dumbbell punches in static plie squat position
- 20 alternating back lunges w/ rear fly
- 1 min jump rope

Circuit 2:

- 15 pushups
- 15 snap jumps
- 15 bent over rows

Circuit 3:

- 20 crunches
- 20 bicycle abs
- 20 v-sits

Circuit 4:

- 20 up/down planks
- 15 squats w/ curl to press
- 30 seconds alternating single arm kettlebell swings

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