

daily

WORKOUT

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DATE

__/__/____

NAME:



FRIDAY

Full Body & Cardio Workout

COMPLETE 3 ROUNDS OF EACH CIRCUIT

WEIGHTS USED:

DAILY MEALS &
WATER

THE CIRCUITS

Circuit 1:

- 40 DB jumping jacks (use light weights)
- 12 weighted squat jumps
- 20 squats to press

Circuit 2:

- 20 split lunge jumps
- 15 pushups + 15 DB rows
- 50 bicycle crunches

Circuit 3:

- 10 double squat jump burpees
- 20 walking lunges with bicep curls
- 20 weighted crunches

Circuit 4:

- 15 back lunges per side
- 30 squats w/ alternating leg abductor
- 20 oblique crunches per side

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