

daily

WORKOUT

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DATE

__/__/____

NAME:



MONDAY

WEIGHTS USED:

DAILY MEALS &
WATER

Legs & Cardio Workout
COMPLETE 3 ROUNDS OF EACH CIRCUIT

THE CIRCUITS

Circuit 1:

- 15 back lunges w/ single leg hop (per side)
- 30 seconds kettlebell swings
- 20 weighted glute hip bridges

Circuit 2:

- 45 seconds high knees
- 15 jump squats
- 15 squats

Circuit 3:

- 20 squats w/ alternating front kick
- 40 plank jacks
- 20 squat jacks

Circuit 4:

- 15 squats to press
- 16 alternating back lunge with curl
- 15 RDLs to upright row

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