

# WEEK 2

2014

## STRENGTH & CARDIO INTERVALS

**GOAL: LOSE A DRESS SIZE IN 4 WEEKS**

**EQUIPMENT: TOTAL GYM with Squat Stand, HAND WEIGHTS**

Perform each exercise in circuit format for 15-20 reps. Repeat circuit 1-2 xs through. Medium incline, cable connected.

*\* Each Strength & Core day will add on more exercises and advanced options.*

<u>DAY 1</u>	<u>DAY 2</u>	<u>DAY 3 (Increase Level)</u>
1. Plié Arm Raises	1. Plié Arm Raises	1. Plié Arm Raises
2. Plié Jumps	<b>2. Split Jacks</b>	2. Plié Jumps
3. Crunch & Punch	3. Crunch & Punch	<b>3. Crunch &amp; Punch Ext. Leg</b>
4. Alternate lunge side raises	<b>4. Lunge Pulse Reaches</b>	<b>4. Curtsey Pulse Reaches</b>
5. Squat Jack Press	5. Squat Jack Press	<b>5. Squat Jack Press Twist</b>
6. Bridge Presses	6. Bridge Presses	6. Bridge Presses
7. Plank Runs	<b>7. Diagonal Plank Runs</b>	7. Diagonal Plank Runs
<b>REPEAT 1-2 xs</b>	<b>8. Hug a Tree (cables)</b>	8. Hug a Tree (cables)
	<b>9. Balance Tricep Presses</b>	<b>9. Alternating Rows</b>
	<b>REPEAT 1-2 xs</b>	<b>10. Balance Tricep Presses</b>
		<b>11. SNG Leg Jumps (TG)</b>
		<b>REPEAT 1-2 xs</b>

*\* Cardio Days: Take 5 minutes to do the following; Plank Holds 1 min., 10 Push-Ups, 20 Back Extensions. Repeat 2xs.*

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>STRENGTH &amp; CORE</b> CARDIO 30 min	CARDIO 45- 60 min	<b>STRENGTH &amp; CORE</b>	CARDIO 45- 60 min	<b>STRENGTH &amp; CORE</b> Cardio 30 min	CARDIO 45-60 min	REST
<b>STENGTH &amp; CARDIO</b> CARDIO 30min	CARDIO 45-60 min	<b>STENGTH &amp; CARDIO</b> CARDIO 30min	CARDIO 45-60 min	<b>STENGTH &amp; CARDIO</b> CARDIO 30min	CARDIO 45-60 min	REST

Refer to the video for exercise demonstrations.  
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