



Chay Jones

Here Is Your Workout

There are 4 workouts for this week. Perform each workout once, following the indicated intensity.

Perform the first 2 workouts one day after the other. Take a day rest, then perform the other 2 workouts, one day after the other.

Equipment: Bodyweight

Circuit

- > Perform **50** reps for the 1st & 4th cardio moves
- > Perform **15** reps of all other exercises

Perform 50 repetitions of the first and fourth cardio moves and 15 repetitions for all other exercises.

Perform each exercise in the workout, one after another as a circuit, then rest.

Side Lunge Hop

Cardio



- Stand upright with your arms by your sides.

1 - Take a step to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg, keeping your trailing leg straight.

2, 3 - Rapidly push off your outside foot, hopping to the other side into a lunge.

• Continue hopping back and forth from side to side, lowering down into a lunge on each step.

- Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Reverse Lunge Rotation

Legs



- 1 - Stand upright with your arms by your sides.

2 - Take a step forward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.

3 - Push off your front foot and step back into a reverse lunge, dropping your knee toward the floor and twist your torso to the side of your front foot.

- Push off and step forward again, repeating the whole sequence.

- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Reverse Crunch

Abs



1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.

2 - Bring your knees into your chest with your legs bent, slightly rounding your lower back at the top position.

- Slowly lower your legs with your knees still bent to tap your heels on the floor and repeat.

- Keep your upper body stable throughout.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Plank Jacks

Cardio



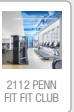
1 - Support your body on your toes and hands with your arms straight, back flat and your feet together.

2 - Jump your feet out wide to the sides, keeping your hands stationary.

3 - Jump your feet back in together to the middle.

- Continue rapidly jumping your feet out wide and back in.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



Oblique Crunch

Abs



- 1 - Lie on your back with your lower body twisted to one side and your knees bent, placing your hands to the sides of your head.
 - 2 - Lift your head and shoulders off the floor, keeping your lower body stable.
- Lower your head and shoulders and repeat.
 - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Leg Up Twisting Crunch

Abs



- 1 - Lie on your back with your legs straight up, placing your hands to the sides of your head.
 - 2 - Lift your head and shoulders off the floor and twist your torso to one side, bringing your elbow towards the opposite knee.
- Lower your head and shoulders then repeat, twisting to the other side.
 - Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			