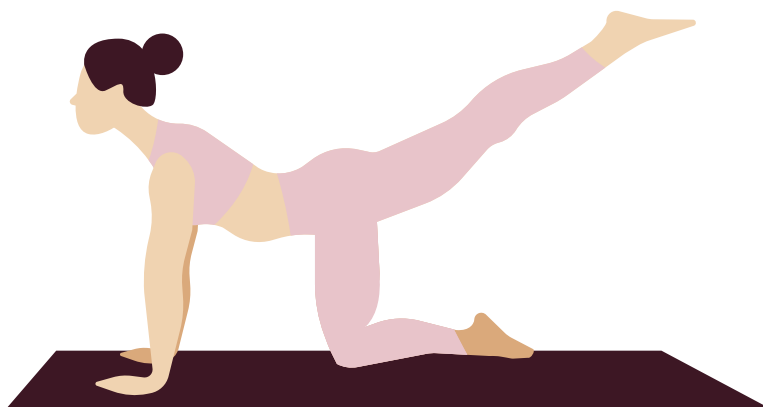


Weekly Workout *planner*



Name:

Month:

Workout
Focus

Upper Body
Strength

Lower Body
Strength

Active
Recovery

Full-Body
HIIT

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



THE MOM OF THE YEAR
...a less serious look at the world of parenting

WEEKLY WORKOUT

Note:

These circuits are to be completed 3-4 times with 12 reps each. If 12 reps are too much or too little, repeat until failure (failure is when you cannot complete another rep). Take your time with the exercises to focus on proper form, but limit your break to 2-3 minutes maximum between sets.

Day 1 – Legs

1. **Goblet Squats:** Keep your back straight as you squat down as far as you can without letting your glutes touch the floor. Hold a weight against your chest to improve strength.
2. **Lunges (Both Sides):** Hold weights at your sides to increase intensity and improve balance.
3. **1-Minute Wall Sit:** Plant your back against a wall and bend into a seated position. Hold for one minute. If one minute is too much, sit until failure. This exercise works both your legs and your core.
4. **Curtsy Squats (Both Sides):** Perform a curtsy squat on each side, ensuring good form and depth in the movement.

Day 2 – Chest & Back

1. **Pushups:** Perform pushups on your knees if needed, but try at least one on your toes for added challenge.
2. **Chest Flys:** Hold weights in both hands, slightly bend your elbows, and arc your arms until you feel a stretch in your chest. Then, bring the weights back up to shoulder height and slowly lower them back to the starting position.
3. **Chest Press:** Lie on a flat surface, hold weights in both hands with elbows bent at your sides. Press the weights into the air and lower them back down to the ground.
4. **Stomach Swim:** Lie on your stomach and lift both your legs and shoulders. Hold this position for 10 seconds.

WEEKLY WORKOUT

Day 3 – Rest Day with Light Cardio

Today is meant for rest, but it is still important to keep your body moving. Take a walk or swim for light cardio.

Day 4 – Arms & Shoulders

1. **Tricep Dips:** Perform dips to target the triceps.
2. **Bicep Curls:** Hold weights in both hands and curl them towards your shoulders.
3. **Shoulder Press:** Press weights overhead, extending your arms fully.
4. **Lateral Raises:** Hold weights with your palms facing inward, and raise your straight arms to shoulder height, then lower them back down.
5. **Upright Row:** Hold weights in an overhand grip and raise them to your collarbone, then lower back down.

Day 5 – Cardio or HIIT

Focus on keeping your heart rate up today. Go for a run, bike ride, or swim. You could also try a full-body HIIT workout for maximum intensity.

Day 6 – Rest Day

Take a full rest today. This will allow your muscles to recover.

Day 7 – Rest Day with Light Cardio

Like Day 3, take a rest day but include light cardio such as walking or swimming to keep your muscles engaged.