

Sample Workout Plan

Option A - Building Lean Muscle

Day 1 - Legs/ abs ST

Day 2 - Chest/ back ST + short HIIT

Day 3 - HIIT

Day 4 - Legs/ abs ST

Day 5 - Arms/ shoulders ST + short HIIT

*If necessary, omit day 3 to fit this into your week.

Option B - Fat Loss

Day 1 - Chest/ back ST + short HIIT

Day 2 - Legs/ abs ST

Day 3 - HIIT

Day 4 - Arms/ shoulders ST

Day 5 - HIIT

*If necessary, combine arms/ shoulders and HIIT into one session to fit this into your week.

See workouts below to plug into your daily schedule, depending on what days you have available, how much time you have and your goals.

ST = strength training

HIIT = high intensity interval training cardio

CHEST/ BACK ST

Warm Up - <http://kyrawilliamsfitness.com/yoga-flow-metabolism-boosting/>

Circuit 1 - Three Times

Scap Push Ups - <http://kyrawilliamsfitness.com/scapular-retraction-push-ups/> x 10

Swimmers - <http://kyrawilliamsfitness.com/swimmers/> x 10 each

rear delt flyes on side - <http://kyrawilliamsfitness.com/rear-delt-flyes-on-side/> x 12 each

Circuit 2 - Three Times

Stability Ball Chest Flys - <http://kyrawilliamsfitness.com/stability-ball-chest-flyes/> x 10

Bent over underhand grip rows <http://kyrawilliamsfitness.com/bentover-underhand-grip-dumbbell-rows/> x 10

RB lat pulldowns <http://kyrawilliamsfitness.com/resistance-band-lat-pulldowns/> x 10

Circuit 3 - Three Times

Dumbbell Chest Press - <http://kyrawilliamsfitness.com/dumbbell-chest-press-with-lying-straight-leg-raise/> x 10

Stability Ball Back Extensions - <http://kyrawilliamsfitness.com/stability-ball-back-extensions/> x 10, hold last one 10 sec

Stability Ball Push Up - <http://kyrawilliamsfitness.com/stability-ball-push-up/> x 10

static stretch (at least 5 min) - <http://kyrawilliamsfitness.com/sphinx-pose/>

LEGS/ ABS ST

Warm Up <http://kyrawilliamsfitness.com/mobloko-knee-pain/>

Circuit 1 - Three Times

Fire Hydrants - <http://kyrawilliamsfitness.com/fire-hydrants/> x 8 each leg

Bridge - <http://kyrawilliamsfitness.com/bridge/> x 20 sec

Broad jump - <http://kyrawilliamsfitness.com/broad-jumps/> x 6

Hollow Rocks <http://kyrawilliamsfitness.com/hollow-rocks-hollow-hold/> x 10

Circuit 2 - Three Times

Barbell Deadlifts - <http://kyrawilliamsfitness.com/barbell-deadlifts/> x 10

OR Deadlifts - <http://kyrawilliamsfitness.com/deadlifts/>

Stability Ball Crunches - <http://kyrawilliamsfitness.com/stability-ball-crunches/> x 15

Curtsy Lunge - <http://kyrawilliamsfitness.com/curtsy-lunges/> x 10 each

Circuit 3 - Three Times

Lateral Lunges - <http://kyrawilliamsfitness.com/lateral-lunges/>

Box Jumps - <http://kyrawilliamsfitness.com/box-jumps/> x 10

resistance band torso twist <http://kyrawilliamsfitness.com/resistance-band-torso-twist/> x 10 each

Static stretches 5 min + <http://kyrawilliamsfitness.com/the-worlds-greatest-stretch/>

Shoulders/ Arms ST

Warm Up/ Dynamic Stretches - <http://kyrawilliamsfitness.com/yoga-flow-core-into-handstand/>

Circuit 1 - Three Times

KB Shoulder Flex - <http://kyrawilliamsfitness.com/kettlebell-shoulder-flex/> x 8

KB arm bar - <http://kyrawilliamsfitness.com/kettlebell-arm-bar/> x 5

KB Turkish getup - <http://kyrawilliamsfitness.com/kettlebell-turkish-getups/> x 3

*complete all exercises without stopping on right, then repeat on left, three times through each side

Circuit 2 - Three Times

Z-Press with dumbbells <http://kyrawilliamsfitness.com/z-press-with-dumbbells/>

Cross Body Bicep Curls - <http://kyrawilliamsfitness.com/crossbody-bicep-curls/> x 10 each

RB tricep pushdown - <http://kyrawilliamsfitness.com/resistance-band-tricep-pushdowns/> x 10

High Plank Walk Out - <http://kyrawilliamsfitness.com/high-plank-walk-out/> x 5 leading right, 5 left

Circuit 3 - Three Times

Lateral DB Raises - <http://kyrawilliamsfitness.com/lateral-dumbbell-raise/>

Bicep Curls- <http://kyrawilliamsfitness.com/bicep-curls-hammer-curls/> x 10 simultaneous

Overhead Tricep Extension - <http://kyrawilliamsfitness.com/overhead-tricep-extension/> x 10

Walking Plank - <http://kyrawilliamsfitness.com/walking-plank/> x 6 each

static stretch (at least 5 min) - <http://kyrawilliamsfitness.com/mobloko-neck-pain/>

HIIT

Warm up - <http://kyrawilliamsfitness.com/mobloko-low-back-pain/>

AMRAP 9

15 squat jumps

9 KB deadlifts

3 KB cleans

Cool down/ stretch - <http://kyrawilliamsfitness.com/hamstring-stretches/>

Deadlifts - <http://kyrawilliamsfitness.com/deadlifts/>

KB cleans (two arms/ hang) - <http://kyrawilliamsfitness.com/kettlebell-cleans/>

As many rounds/ reps in 9 minutes of 15 squat jumps, 9 deadlifts with kettlebells, then 3 KB cleans from the hang position with two kettlebells. These should be a light/ moderate weight so you can keep moving since the workout is only 9 minutes.

HIIT

Warm up - <http://kyrawilliamsfitness.com/mobloko-neck-pain/>

EMOM 20

1 - 20 jumping jacks

2 - 15 sit ups

3 - 20 jumping jacks

4 - 5 - 10 push ups

Cool down/ stretch - <http://kyrawilliamsfitness.com/shoulder-stretches/>

Jumping Jacks - <http://kyrawilliamsfitness.com/jumping-jacks/>

Sit Up (any variation)- <http://kyrawilliamsfitness.com/sit-up-variations/>

Push Up (close grip) - <http://kyrawilliamsfitness.com/push-ups-close-grip/>

Every minute on the minute for 20 minutes. Minute one complete 20 jumping jacks. Minute 2 complete 15 sit ups. Minute 3, 20 jumping jacks, and minute 4 complete 5 - 10 push ups, based on your capabilities.

HIIT

Warm up - <http://kyrawilliamsfitness.com/mobloko-knee-pain/>

2 min running

- rest 2 min

x 5 rounds

Cool down/ stretch - <http://kyrawilliamsfitness.com/hip-openers/>

Run as far as possible for 2 minutes, then rest for 2 minutes. Complete 5 rounds of this, trying to maintain the same distance for all 5 rounds.