



## Honeymoon 2x/wk Program

WARM-UP		5min
Band Work	1 Lap Lateral walks, 1 lap reverse diagonal stride	Approx. 15yd=30yd/lap

Day 1: Back and Hams		Week 1
Exercise	Sets	Reps
A1-TRX Row	3	15
A2-Side to sides on steps (minimum height of 2 steps)	3	20
A3-Kettle Bell BDL	3	15
A4-TRX Reverse Lunge (using slider if possible)	3	10/side
B1-Lat Pull Down	3	15
B2-Single Dumbbell Bent Over Row	3	10/side
B3-Leg Curl	3	25
B4-Bridges (Hold for 2 @ top of ROM)	3	15
B5-Plank on Hands with Shoulder Touches	3	10/side

Post Workout Cardio	Intensity	Duration
Elliptical	Incline 10: 140 BPM/100BPM	1min on/1min off=15min
Elliptical	Incline 8: 125BPM	15min

<b>WARM-UP</b>		<b>5min</b>
Band Work	1 Lap Lateral walks, Squat (Band above Knees 15 reps)	Approx. 15yd=30yd/lap

<b>Day 2: Triceps and Quads</b>		<b>Week 1</b>
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
A1-Forward Step-up	3	10/side
A2-Goblet Squats	3	15
A3-Overhead Rope Grip Extension	3	20
A4-Bench Dip	3	25
B1-Leg Press	3	15
B2-Wall Sit	3	30 sec
B3-Modified Pushup	3	10
B4-Plank on Hands with Knee Tucks	3	15
B5-Plank on Forearms	3	30 sec

<b>Post Workout Cardio</b>	<b>Intensity</b>	<b>Duration</b>
Treadmill	Incline 12: 145 BPM/105BPM	1min on/1min off=15min
Elliptical	Incline 8: 125BPM	15min

<b>WARM-UP</b>		<b>5min</b>
Band Work	1 Lap Lateral walks, 1 lap reverse diagonal stride	Approx. 15yd=30yd/lap

<b>Day 3: Back and Hams</b>		<b>Week 2</b>
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
A1-Kneeling Cable Face Pull (1 Knee Down)	3	15
A2-Wide Grip Incline Standing Pull Down	3	15
A3-Forward Alternating Lunge	3	10/side
A4-Rear Foot Elevated Split Squat	3	10/side
B1-2 Arm Lying Incline Bench Double Dumbbell Row	3	15
B2-Barbell Curl	3	20
B3-Single Leg Curl	3	15
B4-2 Leg Curl (Same Weight as Previous Exercise)	3	25
C1-Side Plank	3	20 sec/side

<b>Post Workout Cardio</b>	<b>Intensity</b>	<b>Duration</b>
Treadmill	Incline 15: 150 BPM/110BPM	1min on/1min off=15min
Treadmill	Incline 7: 130BPM	15min

<b>WARM-UP</b>		<b>5min</b>
Band Work	1 Lap Lateral walks, Squat (Band above Knees 15 reps)	Approx. 15yd=30yd/lap

<b>Day 4: Triceps and Quads</b>		<b>Week 2</b>
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
A1-TRX Single Leg Squat	3	10/side
A2-TRX Squat	3	25
A3-TRX Overhead Extension	3	20
A4-Incline Bench Pushup	3	15
B1-Leg Press	3	15
B2-Push up on Pilates Spine Corrector	3	30 sec
B3-Body-Weight Squat	3	25
B4-Single Leg Wall Sit	3	20 sec/side
B5-Plank on Hands with Shoulder Touches	3	15/side

<b>Post Workout Cardio</b>	<b>Intensity</b>	<b>Duration</b>
Treadmill	Incline 15: 150 BPM/110BPM	1min on/1min off=15min
Recumbent Bike	Resist 8: 130BPM	15min