

GREEN WORKOUTS

-no equipment-

Workout One		Workout Two		Workout Three		Workout Four		Workout Five	
Exercises – 2 Sets	Reps	Exercises – 2 Sets	Reps	Exercises – 2 Sets	Reps	Exercises – 2 Sets	Reps	Exercises – 2 Sets	Reps
Jog on the Spot	60	Jog on the Spot	60	Jog on the Spot	60	Jog on the Spot	60	Jog on the Spot	60
Squats	15	Side Squats	16	Lunges	12	Reverse Lunges	12	Standing Knee Lifts	14
Push Ups	10	Plank Crunches	12	Wipers	16	Track Starts	20	Prone Leg Extensions	16
Cycling Crunches	20	V-Crunch	10	Supine Leg Extensions	16	Prone Rotations	16	Planks	30
Jog on the Spot	60	Jog on the Spot	60	Jog on the Spot	60	Jog on the Spot	60	Jog on the Spot	60
Sitting Rotations	20	Dolphin kick - singles	20	Hyper Extensions	10	Single Squats	16	Side Dips (Hand)	16
Seated Knee Crunches	12	Walk outs (4)	10	Reverse Bridges	10	Side Jack Knives	12	Sun Sequence	8
Supermans	20	Side Planks (Elbow)	15	Hip Hinges	10	Pointer Dog	16	Climber (Bounced)	10

Your 12-Week Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	One		Two	Three		Four	
2	Five		One	Two	Three		Four
3	Five	One		Two	Three	Four	
4	Five		One	Two	Three	Four	
5	Five		One	Two		Three	Four
6		Five	One		Two	Three	
7	Four	Five	One	Two	Three	Four	
8	Five	One		Two		Three	Four
9	Five		One		Two	Three	Four
10	Five	One		Two		Three	Four
11		Five	One	Two	Three	Four	Five
12		One	Two		Three	Four	Five