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|--------------------------------------|--|--|--|---|---|
| <b>Monday</b><br>SUMMERready Workout | <b>Tuesday</b><br>Lift, Circuit Training, or Run | <b>Wednesday</b><br>Yoga, Pilates, or Recovery | <b>Thursday</b><br>SUMMERready Workout | <b>Friday</b><br>Lift, Circuit Training, or Run | <b>Saturday</b><br>Yoga, Pilates, or Recovery |
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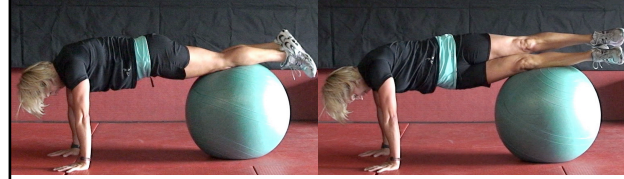
**Warmup**



**Circuit**

**1. Warrior Lunge**  
1 Set X 8 Reps/each:  
Keep one hand planted close to the forward foot and reach the other as high as possible - hold for a few seconds

**3. Ball Twister**  
20 Reps:  
Be sturdy with your arms and allow your lower body to rotate from side to side. Beginners keep your legs stacked, advanced can go freestyle.



**2. Ball Bridge**  
1 Set X 20 Reps:  
Really squeeze the glutes at the top of the movement. For added difficulty, straighten the legs for this exercise.

**4. Bike/Elliptical/Treadmill**  
2 minutes  
High output, go get it!



**SUMMERready Workout - 21 Day Solution**  
Follow our fitness plan (very top) to set up your workout. For the SUMMERready plan-start your workout with the warmup (see above) & finish with the cooldown (see below). Perform the following circuit (exercises 3-8) with the guidance that best fits your goals & current fitness level for the next 3 weeks.

**Level 1:** Perform the circuit as many times in 20minutes, make your way through the circuit 4 times  
Burn about 300 calories, lose 2-3 lbs & keep it off.

**Level 2:** Perform the circuit as many times in 30minutes, make your way through the circuit 6 times  
Burn about 450 calories, lose 5-6 lbs & drop a size

**Level 3:** Perform the circuit as many times in 40minutes, make your way through the circuit 8 times  
Burn about 600 calories, lose 8-10 lbs & turn some heads

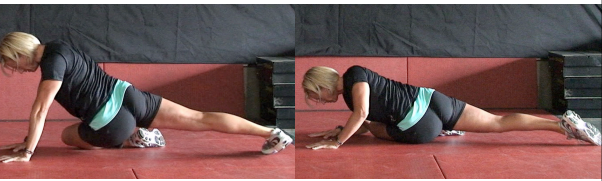
**5. DB Pushup To Row**  
8 Reps of each:  
Stay balanced throughout, perform from knees if fatiguing - just get those reps in.



**6. Short-Short-Long**  
8 Reps each side:  
Alternate each time for 3 movements per rep = first two are quick and short with the last finishing in a sleek lunge position.

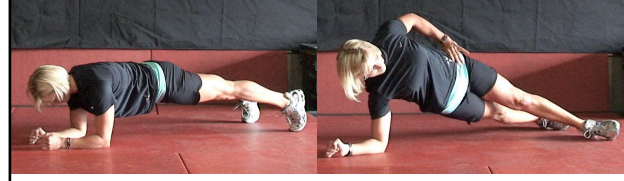


**Cooldown**



**9. Figure 4 Face Down**  
30 seconds each side:  
Bend one leg in front of body and melt into it, stretch what you've been workin'!

**7. Plank To Side Bridge**  
20sec each position  
Keep upper and lower body aligned, remember to breathe.



**10. Kneeling Lunge**  
30 seconds each side:  
Push your hips forward to stretch hips and thighs. raise the arms over head to elongate your midsection.

**8.DB Lunge Lateral Raise**  
8 Reps each leg  
As you step forward and drop your hips, raise the dumbbells to shoulders, alternate leg each rep



See Videos & additional info about SUMMERready at [www.zoneready.net/summerreadyworkout.asp](http://www.zoneready.net/summerreadyworkout.asp)

