

4 week Summer Body

challenge



**Prepare Your Body for
the Summer Season.**

Exercise Guide: How- To

BICYCLE CRUNCHES

Lie on your back, bend your knees, and place your hands behind your head. Raise your shoulder blades off the ground and bring your left elbow to your right knee while extending your left leg. Repeat on the other side in a cycling motion.

MOUNTAIN CLIMBERS

Begin by assuming a high plank position. Bring one knee towards your chest, then swiftly switch legs, mimicking a running motion while alternating between legs.

PLANK

Assume a push-up position, but instead of supporting yourself on your hands, align your body in a straight line from head to toe, activate your core, and maintain the posture.

RUSSIAN TWIST

Sit on the ground with your knees bent and feet flat, lean back slightly, engage your core, and raise your feet off the ground. Rotate your torso from side to side, reaching the ground on each side.

Donkey Kicks

Start by getting on all four with hands directly under shoulders and knees under hips. then keep core engaged, lift one leg and kick it back behind. squeeze glutes at the top. Repeat on the other side.

Week 1

Remember to stretch before and after each workout.

Monday

Cardio

30 minutes of Cardio (running, cycling, jump roping)

- Choose the type of cardio that you prefer.

Glute-focused Workout

- Donkey kicks: 4 sets of 15
- Hip thrust: 4 sets of 15
- Glute bridges: 4 sets of 15

Tuesday

Wednesday

Full Body

- Burpees: 4 sets of 12
- Squats: 4 sets of 15
- Mountain Climbers: 3x15

Cardio

30 minutes of Cardio (running, cycling, jump roping)

- Choose the type of cardio that you prefer.

Thursday

Friday

Core-Focused Workout

- Plank: Hold 3 sets for 30 seconds
- Bicycle crunches: 4 sets of 15.
- Russian Twist: 4 sets of 15 reps each side

Week 2

Remember to stretch before and after each workout.

Monday

Cardio

35 minutes of Cardio (running, cycling, jump roping)

- Choose the type of cardio that you prefer.

Glute-focused Workout

- Donkey kicks: 4 sets of 20
- Hip thrust: 4 sets of 20
- Glute bridges: 4 sets of 20

Tuesday

Wednesday

Full Body

- Burpees: 4 sets of 15
- Squats: 4 sets of 20
- Mountain Climbers: 4 sets of 20

Cardio

40 minutes of Cardio (running, cycling, jump roping)

- Choose the type of cardio that you prefer.

Thursday

Friday

Core-Focused Workout

- Plank: Hold 3 sets for 35 seconds
- Bicycle crunches: 4 sets of 20.
- Russian Twist: 4 Sets of 20 reps each side.

Week 3

Remember to stretch before and after each workout.

Monday

Cardio (HIIT)

(Choose the type of cardio that you prefer)

- Bicycle intervals: cycle at high intensity for 45 seconds, then cycle at moderate pace for 15 seconds. Repeat 10-15 minutes
- Sprint Intervals: use track or any flat surface and sprint at your maximum effort for 30 seconds, then walk or jog for 60 seconds. Repeat for 10-15 Minutes.

Glute-focused Workout

- Donkey kicks: 4 sets of 25
- Hip thrust: 4 sets of 25
- Glute brides: 4 sets of 25

Tuesday

Wednesday

Full Body

- Burpees: 4 sets of 17
- Squats: 4 sets of 25
- Mountain Climbers 4 sets of 25

Cardio (HIIT)

(Choose the type of cardio that you prefer)

- Bicycle intervals: cycle at high intensity for 45 seconds, then cycle at moderate pace for 15 seconds. Repeat 10-15 minutes
- Sprint Intervals: use track or any flat surface and sprint at your maximum effort for 30 seconds, then walk or jog for 60 seconds. Repeat for 10-15 Minutes.

Thursday

Friday

Core-Focused Workout

- Plank: Hold 3 sets for 40 seconds
- Bicycle crunches: 4 sets of 25.
- Russian Twist: 4 sets of 25 reps each side.

Week 4

Remember to stretch before and after each workout.

Monday

Cardio (HIIT)

(Choose the type of cardio that you prefer)

- Bicycle intervals: cycle at high intensity for 45 seconds, then cycle at moderate pace for 15 seconds. Repeat 10-15 minutes
- Sprint Intervals: use track or any flat surface and sprint at your maximum effort for 30 seconds, then walk or jog for 60 seconds. Repeat for 10-15 Minutes.

Glute-focused Workout

- Donkey kicks: 4 sets of 30
- Hip thrust: 4 sets of 30
- Glute brides: 4 sets of 30

Add resistance bands or weights

Tuesday

Wednesday

Full Body

- Burpees: 4 sets of 20
- Squats: 4 sets of 30
- Mountain Climbers 4 sets of 30

Cardio (HIIT)

(Choose the type of cardio that you prefer)

- Bicycle intervals: cycle at high intensity for 45 seconds, then cycle at moderate pace for 15 seconds. Repeat 10-15 minutes
- Sprint Intervals: use track or any flat surface and sprint at your maximum effort for 30 seconds, then walk or jog for 60 seconds. Repeat for 10-15 Minutes.

Thursday

Friday

Core-Focused Workout

- Plank: Hold 3 sets for 45 seconds
- Bicycle crunches: 4 sets of 30
- Russian Twist: 4 sets of 30 reps each side.

Add resistance bands or weights