

30-Minutes to Fitness
Kelly Coffey Meyer
Body Shop

Date: _____

Notes: _____

Workout #1	Workout #2
Staggered Stance Single Rows	Latt Pull Downs
Reverse Lunges	Plies
Combo Rev Lunge with Row	Repeat
Bicep Curls	Combo Latt Pull Down & Plie
Single Leg Deadlifts	Cross Chop Bicep Curls
Combo Deadlift & Curl	Single Curtsies
No Dbs Squats Outs R & L	Combo Curtsy with Curls
Shoulder Press	No Db Lunge Backs
Triceps	Lateral Raises
No Db Hurdles	Triceps (overhead extension pull down to front knee)
Down to the floor: Modified Pullovers & Flys	No Dbs Step Over the Barrel
Weighted Bridges	Push ups
ABS	Butt Blaster
Stretch	Stretch