

**30-Minutes to Fitness**  
**Kelly Coffey Meyer**  
**Build & Burn**

Date: \_\_\_\_\_

Notes: \_\_\_\_\_

<b>Upper Body Super Sets</b>	<b>Lower Body Tabata</b>
<b>Shoulders:</b> Reverse Grip Press Lateral Raise & Extend	<b>Banded Side Steps</b>
<b>Biceps:</b> Pulse Curls Pledges	<b>Kickstand deadlifts</b>
<b>Triceps:</b> Seated Overhead Extension Tate Press (or Skull Crusher)	<b>Squat variations</b>
<b>Chest:</b> Reverse Grip Bench Press Connected Db Press	<b>Side Lunge into Knee Pull</b>
<b>Back:</b> Seated Rows Standing Cross Row	<b>Front &amp; Back Lunges</b>
<b>Burnout with Light Dbs</b>	<b>Split Stace Plyo Pops</b>
	<b>Plie' Variations</b>
	<b>Wide Stance Deadlift &amp; Squat Up</b>
	<b>Bridges</b>