

30-Minutes to Fitness
Kelly Coffey Meyer
Build & Burn

Date: _____

Notes: _____

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