

30-Minutes to Fitness
Kelly Coffey Meyer
Your Best Body

Date: _____

Notes: _____

Workout #1	Workout #2
Bent over Rows/ Reverse Pec dec Stiff Legged Dealifts Core	V row/Hi Row(Pull) Lunges Core
Reverse Grip lateral raise/Alternating front raises Single leg squats Core	Cheer press/ 90% lateral raise Single leg dead lifts Core
1/2 curls/ Alternating hammer curls Pull throughs Core	Alternating Long curls Side curls Squats Core
Tricep kickbacks/ Lift backs Side lunges Core	Overhead tricep Extensions/Alternating kickbacks Curtsy Core
Alternating chest cross/ Elbow squeeze Pec dec Plie	Flys/Bench Bridges Superman