

30 Minutes to Fitness Body Training
Kelly Coffey Meyer

Workout 1 Standing

Date: _____

Notes: _____

Exercise	Reps	Reps Completed	Notes
Warm Up Front leg kicks Alt. side kicks Squats Alt. side kicks Squats Stretch	8 each side 4 each side 8 reps 4 each side 8 reps		
Squats	8 reps- 4x4 count 8 reps- single count 8 reps- 4x4 count 8 reps- single count		
Angle Step / Pulse Squat	8 reps right leg 8 reps left leg 8 alternating legs		
Side Leg Lifts	8 right leg (3 pulse up and center set) 8 right leg single count Repeat sequence on left		
Stationary Lunge	8 right leg (single count) 8 right leg (pulses) 16 left knee repeaters Repeat sequence on left		
Lunge Front / Squat	8 right leg Hold lunge for 8 counts 8 fast/low right leg Repeat sequence on left		

Leg Raises to the Rear	8 balance on right lifting left (3 pulses up and set) 16 single count lifting left Repeat sequence lifting right		
Side Lunge / Knee Pull	16 right Hold side lunge for 8 8 right (3x1 count) 8 right pulses Repeat sequence on left		
Squat Heel	16 reps alternating sides 8 pulse squats 8 pulse right heel 8 pulse left heel		
Front / Back Lunge	8 right leg Hold right lunge for 8 8 right leg back / front fast Repeat sequence on left		
Knee Lift/ Straight Leg Lower	8 right leg 8 right leg sweep to side Repeat sequence on left		
Plies	8 right leg (3 steps out and pull in) 8 pulses Repeat sequence on left		
Curtsey Lunge / Knee Up	8 left leg moves back and up Hold in curtsey for 4 counts; pulses for 16 Repeat sequence with right		
Squats	8 reps- 4x4 count		

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Workout 2 Floor Work

Date: _____

Notes: _____

Exercise	Reps	Reps Completed	Notes
Knee In / Extend & Push Up	8 reps each side		
Downward Dog Push up / Plank	16 reps		
Side Leg Raises	8 reps left leg		
Knee In and Out	8 reps left leg		
Knee In and Up	8 reps left leg		
Clamshell Open and Close	16 reps left leg 16 reps fast left leg Repeat sequence on right		
Push Ups- Hands Wide / Closer	16 reps		
Superman Lower Back Lifts	8 reps (hold for 3 down on 1) Up and hold for 8		
Cross Behind Extend Out Leg Lifts	8 reps right leg 16 reps faster right leg Repeat sequence on left		
Half Lunge Up Touch Back Down	8 reps left leg front 8 pulses Repeat sequence on right		
Dolphin Push Ups	16 reps		
V Seat and Tuck	8 reps right side 8 reps just v seat		

	8 reps just tucks		
	Repeat sequence on left		
Tabletop Heel Flex Leg Raises	8 reps up/down right leg 8 reps kick in/out right leg 8 reps pressing up knee bent right leg		
	Repeat sequence on left		
Hydrants	8 reps right leg 8 circles right leg 8 reps right leg		
	Repeat sequence on left		
Tricep Side Lying Push Ups	16 reps right arm 16 reps left arm		
Sit Up Knee In	16 reps alternating legs		
Stretch			