

**30-Minutes to Fitness**  
**Kelly Coffey Meyer**  
**Strength & Stamina**

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

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

<b>Workout #1</b>	<b>Workout #2</b>
<b>Warm up</b> <b>Reverse Pec dec</b> <b>Front squats</b> <b>REPEAT 2X</b> <b>KB swings</b>	<b>Warm up</b> <b>Lateral raise up to ceiling</b> <b>Cardio leg jumps</b> <b>REPEAT 2X</b> <b>KB swings</b>
<b>Supination curls</b> <b>Cardio legs split switches</b> <b>REPEAT 2X</b> <b>KB one-handed swings</b>	<b>Front curl &amp; reverse curl</b> <b>Reverse lunge/front lunge walks</b> <b>REPEAT 2X</b> <b>KB alternating swings</b>
<b>Single shoulder press</b> <b>Deadlifts</b> <b>REPEAT 2X</b> <b>KB figure 8</b>	<b>Front &amp; lateral shoulder raise combo</b> <b>Cardio leg skaters</b> <b>REPEAT 2X</b> <b>KB figure 8</b>
<b>Overhead tricep ext</b> <b>Lateral side lunge with figure 8</b> <b>REPEAT 2X</b> <b>KB alternating swings</b>	<b>Single tricep kickbacks</b> <b>Cardio legs pop squats</b> <b>REPEAT 2X</b> <b>KB alternating swings</b>
<b>FLOOR:</b> <b>Alternating bench press</b> <b>Bridges</b> <b>REPEAT 2X</b> <b>Stretch</b>	<b>FLOOR:</b> <b>Bench press into modified pullovers</b> <b>Bridges</b> <b>REPEAT 2X</b> <b>Stretch</b>