



42 Days to Fit & Feeling Good

Week 5 Workouts

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Day 29		Beginners			Intermediate			Advanced			42 Days to Fit & Feeling Good
											Core
Workout Overview Video											
Core Warmup		8-6-4-2			10-8-6-4-2			12-10-8-6-4-2			
Rolldowns with a Twist	BW/DB										Go down the list of exercises for the highest # on the reps list. Beginners, start with 8 reps of each exercise. Then go back to the beginning and do 6 reps of each. Then back to top and do 4 reps of each, then 2 of each. Intermediates, start with 10, and then down the list, etc. Advanced, start with 12.
Bodyweight Starfish	BW										
Crunches	BW										
Double Crunches	BW										
Leg Lowering Circles	BW										
Plank Hold on Hands (hold for seconds: 8, 6, 4, 2 etc.)											
Plank Hold on Elbows (hold for seconds)											
Side Plank Hip Dip Right Side	BW										
Side Plank Hip Dip Left Side	BW										
Straight Arm Pullbacks	Tubing										
Stability Ball Low Back Extensions	SB										
Stability Ball Hand to Foot Pass	SB										
Glute Bridges with a hold (hold last one up as high as you can for # of seconds of # of reps).											
Bicycles on Elbows	BW										

Day 30	Beginners	Intermediate	Advanced		42 Days to Fit & Feeling Good

[Yoga for Spine Health: Twist Poses](#)

Day 33		Beginners			Intermediate			Advanced			42 Days to Fit & Feeling Good	
											Lower	
Workout Overview Video											Workout Notes:	
Warmup with 5 minutes of cardio exercise. Walk/Run/etc.		Equipment	Reps	Sets	Wts.	Reps	Sets	Wts.	Reps	Sets	Wts.	
Single Leg Balance Touches	BW	10 each	2		12	2		10	3			Perform this workout as 1 circuit.
Single Leg Squats (Sit and Stand)	BW	10 each			12			10				Start with the first exercise on the
Single Leg Glute Bridges	BW	10 each			12			10				list for the assigned # of repetitions.
Ball Squats (hold last one 10 sec)	SB	10			12			10				Then move on to the next exercise.
Walking Lunges Fwd & Backward	BW	10 each			12			10				Once you make it all the way down
Traveling Side Lunges	BW	10 each			12			10				the list, go back to the beginning, &
Bench Bridges	Bench/Step	10			12			10				repeat the circuit for the assigned
Side Plank Hip Dip Leg Lift	bw	10 each			12			10				number of sets.
SB Hamstring Curl Ins	SB	10			12			10				
Glute Bridge Hold	BW	30 sec			30 sec			30 sec				Hold DB on the standing BW
Plie Squats	BW	10			12			10				leg exercises to make the exercise
Plie Pulses	BW	25			12			10				more advanced.
Squat Hold + Tap	BW	10 each side			12			10				
Wall Sit	BW/DB	30 sec			30 sec			30 sec				

Day 34		Beginners		Intermediates		Advanced		42 Days to Fit & Feeling Good	
Workout Overview Video								Core	
Joint Loosening Warmup									
V-Sit Twists	DB/BW	10 ea.	3 min.	10 ea.	4 min.	10 ea.	5 min.	Each highlighted "mini-circuit" is to be completed for the assigned # of repetitions and MINUTES prior to moving on to the next mini-circuit. Example: week 1: do 10 vsit twists, 10 suitcase crunches, 10 plank walk overs, and repeat that for 3 minutes. Then move on to cable cross, pulldowns, and teapots and repeat that for 5 minutes. Then move on to the next circuit, etc.	
Suitcase Crunches	DB	10		10		10			
Plank Walks	BW	10 total		10 total		10 total			
Cable Cross	Tubing	10 ea.	5 min.	10 ea.	5 min.	10 ea.	5 min.		
Straight Arm Pullbacks	Tubing	10		10		10			
Teapots	KB/DB	10 ea.		10 ea.		10 ea.			
ladder crunches	BW	10 ea.	3 min.	10 ea.	4 min.	10 ea.	4 min.		
Plank Reach Unders	BW	10 ea.		10 ea.		10 ea.			
Plank In Out Up Downs	BW	5 ea.		5 ea.		5 ea.			
Bus Drivers	BW	5 ea.	4 min.	5 ea.	4 min.	5 ea.	5 min.		
Leg Lowering- Arms to Side	BW	5 ea.		5 ea.		5 ea.			
Spelling Abs (first time through, do your first name, 2nd time through, do your middle name, 3rd time do your last name, etc.)									

Abbreviation	What it means			
AMAP	As many as possible			
BW	Bodyweight			
SB	Stability Ball			
Cable	Cable Machine			
DB	Dumbbell			
KB	Kettlebell			
BOSU	BOSU Ball			
Step	Bench or Chair			
Machine	whatever machine the exercise describes			
Tabata	A set lasting 4 minutes, consisting of 20 seconds exercise followed by 10 seconds rest, repeated for 8 rounds.			
Reps	The number of repetitions you will complete			
Sets.	The number of times you will go through the exercise (and all of its reps)			
Wts.	The weight used. ie: 5lb dumbbells			
Circuit	A group of exercises done for the desired number of sets prior to moving on to the next grouping of exercises.			
HIIT	High Intensity Interval Training			
HIT	High Intensity			
Slide Set	Start at with a high number of repetitions, and work through the exercise as you decrease repetitions each set. example of a slide: 10 pushups, then 9 pushups, 8, 7,... 1 pushup.			
@gym	the workout plan utilizing gym equipment, such as machines, bosu, kettlebells, cables, etc.			
@home	the workout plan utilizing bodyweight, dumbbells, stability ball, and tubing only.			