

# PREP WEEK

## TAKE YOUR MEASUREMENTS

Take your measurements: Chest, hips, waist, thighs, calves, biceps, butt

## BEFORE PHOTOS

Take your before photos. Please keep these in a safe place.

## WALK 30 MINUTES EVERYDAY

If this is not feasible for you to do outside there are walking videos you can stream on Amazon or YouTube.

## DRINK WATER

Challenge yourself to drink 1 gallon of water everyday. Don't worry if you don't do this each day but it is a great goal to strive for.

# WEEK 1 & 3

## DAY 1: CARDIO WORKOUT

Warm up: 5-10 minutes of walking, jogging, or elliptical for warm up.

Workout: Just Go  
Set a timer and go.

500 Jumping Jacks  
400 Squats  
300 Sit Ups  
200 Pushups  
100 Burpees

Record Your Time: Week 1 \_\_\_\_\_ Week 3 \_\_\_\_\_

Cool Down: 5-10 minutes of walking and/or stretching

## DAY 2: WALK

Move for 30 minutes. Go for a walk, jog, stretch, or if you have kids play tag with them, you get the idea.

### **DAY 3: TOTAL BODY WORKOUT**

Warm up: 5-10 minutes of walking, jogging, or elliptical for warm up.

Workout: Total Body Jump  
Repeat 2 times.

20 Jump Squats  
10 Pushups or Wall Pushups  
10 Single Leg Deadlift (right leg)  
10 Single Leg Deadlift (left leg)  
50 Jumping Jacks  
15 Bent Over Rows  
20 Skater Lunges  
15 Tricep Kickbacks  
10 Mountain Climbers  
20 Hammer Curls  
10 Alternating Lunges (each leg)  
10 Plyo Lunges (each leg)  
10 Lateral Raises  
10 Pushups or Wall Pushups  
20 Squat Jumps  
20 Jump Rope

Cool Down: 5-10 minutes of walking and/or stretching

### **DAY 4: WALK**

Move for 30 minutes. Go for a walk, jog, stretch, or if you have kids play tag with them, you get the idea.

### **DAY 5: TOTAL BODY WORKOUT**

Warm up: 5-10 minutes of walking, jogging, or elliptical for warm up.

Workout: Total Body Home Workout  
Repeat 2 times. Rest up to 1 minute between every couple of exercises as needed.

1 Minute Wall Sit  
10 Bird Dog  
10 Goblet Squats  
10 Dumbbell Deadlifts  
10 Plank Alternating Leg Lifts (per side)  
10 Overhead Press Set: Single Arm Right, Single Arm Left, Both Arms = 1  
10 Lateral Lunges (each leg)  
10 Bicep Curls

FREE 1 MONTH HOME WORKOUT PLAN  
[THEWORKOUTMAMA.COM](http://THEWORKOUTMAMA.COM)

1 Minute Plank  
10 Tricep Dips  
10 Bent Over Reverse Flys  
5 Inchworms

Cool Down: 5-10 minutes of walking and/or stretching

**DAY 6 & 7: WALK**

Move for 30 minutes. Go for a walk, jog, stretch, or if you have kids play tag with them, you get the idea.

**WEEK 2 & 4**

**DAY 1: CARDIO WORKOUT**

Warm up: 5-10 minutes of walking, jogging, or elliptical for warm up.

Workout: Dirty Dozen  
Perform each move 12 times. Repeat twice.

Side Lunge to Squat  
Kneeling Overhead Press  
Burpees  
Butt Kicks  
Mountain Climbers  
Skaters  
Pushups  
Bird Dog  
Frog Jumps  
Jumping Jacks  
Lunges  
12 Second Plank

Cool Down: 5-10 minutes of walking and/or stretching

**DAY 2: WALK**

Move for 30 minutes. Go for a walk, jog, stretch, or if you have kids play tag with them, you get the idea.

### **DAY 3: UPPER BODY WORKOUT**

Warm up: 5-10 minutes of walking, jogging, or elliptical for warm up.

Workout: Arms, Back, & Abs  
Repeat 2-3 times.

10 Squat to Overhead Press  
10 Pushups  
10 Pike Pushups  
10 Bent Over Rows  
10 Bent Over Reverse Flys  
10 Seated Bicep Curls  
10 Tricep Extensions  
1 Minute Plank  
1 Minute Bird Dog  
1 Minute Side Plank (30 seconds per side)

Cool Down: 5-10 minutes of walking and/or stretching

### **DAY 4: WALK**

Move for 30 minutes. Go for a walk, jog, stretch, or if you have kids play tag with them, you get the idea.

### **DAY 5: LEG DAY**

Warm up: 5-10 minutes of walking, jogging, or elliptical for warm up.

Workout: Legs On Fire  
Perform 50 seconds of each exercise followed by 10 seconds of rest. Complete a total of 5 rounds.

Lunge & Kick (Right Leg)  
Lunge & Kick (Left Leg)  
Wall Sit  
Inch Worms  
Goblet Squats

Cool Down: 5-10 minutes of walking and/or stretching

### **DAY 6 & 7: WALK**

Move for 30 minutes. Go for a walk, jog, stretch, or if you have kids play tag with them, you get the idea.