

# **Spring Shred Workout**

## **Total Body Shred**

***Perform 10 reps of each exercise. Repeat for a total of 3 rounds.***

***1) Dumbbell Squat & Press***

***2) Forward Lunge w/ Dumbbell Bicep Curl***

***3) 20 Seconds Jogging High Knees***

***4) Push-ups***

***5) Dumbbell T Raises***

***6) 20 Seconds Speedskaters***

***7) Plank Shoulder Tap***

***8) Leg Scissors***

***9) 20 Seconds Mountain Climbers***

***10) 20 Seconds Cracker Jacks***

# Spring Shred Workout

## 1000 Rep Cardio & Core Challenge

**100 Jump Rope Skips**  
**20 Bicycle Crunches**  
**100 Jump Rope Skips**  
**10 Leg Raises**  
**100 Jump Rope Skips**  
**20 Plank Hip Drops**  
**50 Jogging High Knees**  
**10 Sit Ups**  
**50 Jogging High Knees**  
**20 Leg Scissors**  
**50 Jogging High Knees**  
**20 Toe Touch Crunch**  
**40 Jumping Jacks**  
**20 Russian Twist**  
**40 Jumping Jacks**  
**10 Plank Push-ups**  
**40 Jumping Jacks**  
**10 Crunch & Punch**  
**30 Speed Skaters**  
**20 Leg Flutters**  
**30 Speed Skaters**  
**10 Plank Shoulder Taps**  
**30 Speed Skaters**  
**20 Mountain Climbers**  
**30 Speedskaters**  
**20 Reverse Crunches**  
**100 Jump Rope Skips**

# Spring Shred Workout

## Booty Burn

### **Giant Set:**

#### **Exercise A) Band Walks**

**(5 steps lateral left + 5 steps lateral right + 5 steps forward + 5 steps back)**

**Exercise B) Band Clamshells - 10 reps per Side**

**C) Band Explosive Jumps - 10 reps**

**(repeat 2x before moving on to Super Set I)**

### **Super Set I:**

**Exercise A) Dumbbell Narrow Squats - 10 reps**

**Exercise B) Single Leg Dumbbell Stiff-Leg Deadlifts - 10 reps per leg  
(repeat 2x before moving on to Super Set II)**

### **Super Set II:**

**Exercise A) Dumbbell Sumo Squats - 10 reps**

**Exercise B) Side Lunge to Curtsy Lunge - 8 reps per leg  
(repeat 2x before moving on to Super Set III)**

### **Super Set III:**

**Exercise A) Dumbbell Reverse Lunge - 10 reps per leg**

**Exercise B) Single Leg Glute Bridge Raises - 10 reps per leg  
(repeat 2x, finish with cooldown and stretch)**

# Spring Shred Workout

## Toned Arms & Abs

*Perform exercise A for the prescribed number of reps before moving on to exercise B. Repeat 2x before moving on to the next Super Set.*

*Starter: 5 Point Push-ups x 3 sets*

*Super Set I:*

*A) Dumbbell Heart Press - 10 reps*

*B) Downward Dog 3-Point Crunch - 10 reps*

*Super Set II:*

*A) Plank Walk Outs -to - Push-ups - 10 reps*

*B) Leg Raises w/ Dumbbell Chest Flyes - 10 reps*

*Super Set III:*

*A) In & Out Bicep Curls - 10 reps*

*B) Cross Body Knee to Elbow w/ Glute Raise - 8 reps per side*

*FINISHER:*

*Plank Push-ups*

*Standing Dumbbell Knee-To-Elbow - 10 reps per side*

*Side Plank Dumbbell Row -To-Press - 10 reps per side*

*(repeat 1x)*

# Spring Shred Workout

## Core Circuit - Week 3

**Perform 10 reps of each exercise. Repeat for a total of 3 rounds.**

### **1) Pilates Leg Scissors**

**<https://www.youtube.com/watch?v=UQ72kSB0uts>**

### **2) Pilates Roll Ups**

**<https://www.youtube.com/watch?v=FZNwIJ03fhQ>**

### **3) Pilates 100's (10 sets, for 10 reps/breathe)**

**<https://www.youtube.com/watch?v=UaapuUzs1i8>**

### **4) High Bicycle**

**<https://www.youtube.com/watch?v=snkWegOrsl8>**

### **5) Boat Pose**

**<https://www.youtube.com/watch?v=1eCzLIfdH2o>**



# Spring Shred Workout

## Core Circuit - Week 4

**Perform 10 reps of each exercise. Repeat for a total of 3 rounds.**

### **1) Dumbbell Triangle Side Bend**

**<https://www.youtube.com/watch?v=72PCB8guvfw>**

### **2) Reverse Crunches**

**<https://www.youtube.com/watch?v=hyv14e2QDq0>**

### **3) Dumbbell Toe Touch Crunch**

**<https://www.youtube.com/watch?v=GTX63djcDEo>**

### **4) Plank Hip Drops**

**<https://www.youtube.com/watch?v=rErFC76sxvs>**

### **5) Crunch Clap**

**[https://www.youtube.com/watch?v=\\_vyAnv6gO1Y&t=94s](https://www.youtube.com/watch?v=_vyAnv6gO1Y&t=94s)**