

Weight Loss Warrior Exercise Program

Weekly Workout Themes:

Week One: NO FEAR

Ready for a Change!

Week Two: COURAGE

Feeling Empowered!

Week Three: STRENGTH

Dig Deeper & Keep Going!

Week Four: TRANSFORMATION

Earn Your Stripes!

NOTE: Each workout in this 28-Day program is ONLY 21-Minutes long and is an enhanced form of interval training called **High Intensity Interval Training (HIIT)**, which is a style of exercise that alternates between short intense bursts of anaerobic exercise and fixed periods of less-intense exercise or even complete rest periods.

For this workouts we decided to follow one of the most popular forms of high intensity interval **training** (HIIT) called **Tabata training** which consists of ultra-high intensity **exercises** in a specific 20-seconds-on, 10-seconds-off interval.

WARNING! *High Intensity Interval Training (HIIT) will cause rapid sexiness, flat toned abs, all over tone and increased happiness and confidence. It has also been reported to result in excessive attention from the opposite sex. Use with caution...lol*

Weight Loss Warrior Exercise Program

WEEK ONE: NO FEAR!

Monday: Ramp it up Champ!

(3-5min warm up)

Iron Cross Squats x 4

https://www.youtube.com/watch?v=VSSwS5sqkc&list=PL2noowtyZJirsb8VQwP0PGO_2EyXm7Tgy&index=38

Speed Skaters x 4

<https://www.youtube.com/watch?v=UEYOgIC9R2g&index=6&list=PL2noowtyZJirsatzuq6a0k8TDNEYIz34S>

Push-ups x 4

<https://www.youtube.com/watch?v=0bHmUANF740>

Cracker Jacks x 4

<https://www.youtube.com/watch?v=Z8HE0Kurnws&list=PL2noowtyZJirsatzuq6a0k8TDNEYIz34S&index=7>

Bicycle Crunches x 4

<https://www.youtube.com/watch?v=9FGilxCbdz8>

Mountain Climbers x 4

<https://www.youtube.com/watch?v=OyBUuf9xuI8>

Jogging High Knees x 4

<https://www.youtube.com/watch?v=UStj4I7IScw>

Tricep Dips x 4

https://www.youtube.com/watch?v=KW7pcSyNckY&index=24&list=PL2noowtyZJip8_60TLbOUVg8tQjGPUFvu

Plank Hold x 4

https://www.youtube.com/watch?v=2ske7JKR3Dk&index=15&list=PL2noowtyZJiqYBiXF3DJq9pM3Jy0Yg67_

Forward Reverse Lunges x 4

<https://www.youtube.com/watch?v=4CCmmCgYApr>

Jumps Squats x 2

<https://www.youtube.com/watch?v=vGhWSswd5mw>

(3-5min) Cool Down

Weight Loss Warrior Exercise Program

WEEK ONE: NO FEAR!

Tuesday: Solider up Ma'am!

(3-5min warm up)

Prisoner Squats x 4

<https://www.youtube.com/watch?v=6C0m0ahTMGM>

Glute Bridge x 4

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

Burpee x 4

<https://www.youtube.com/watch?v=mMvNaDfHTJ4>

V Sit Hold x 4

<https://www.youtube.com/watch?v=teX7->

[M0bfBU&list=PL2noowtyZJiqYBiXF3DJq9pM3Jy0Yg67_&index=10](https://www.youtube.com/watch?v=teX7-M0bfBU&list=PL2noowtyZJiqYBiXF3DJq9pM3Jy0Yg67_&index=10)

Plank Push ups x 4

<https://www.youtube.com/watch?v=BCVWurZTpWY&index=26&list=PL2noowtyZJip>

[8_60TLbOUVg8tQjGPUFvu](https://www.youtube.com/watch?v=BCVWurZTpWY&index=26&list=PL2noowtyZJip8_60TLbOUVg8tQjGPUFvu)

Cress Cross Jacks x 4

https://www.youtube.com/watch?v=adz_Y4HE5qU&index=23&list=PL2noowtyZJirs

[atzuq6a0k8TDNEYIz34S](https://www.youtube.com/watch?v=adz_Y4HE5qU&index=23&list=PL2noowtyZJirsatzuq6a0k8TDNEYIz34S)

Inch Warm Walkouts x 4

<https://www.youtube.com/watch?v=VSp0z7Mp5IU>

Side Lunges x 4

<https://www.youtube.com/watch?v=izJxmB317Lc>

Renegade Rows x 4

<https://www.youtube.com/watch?v=VaKKmtUovFs&index=17&list=PL2noowtyZJiqYBiXF3DJq9pM3>

[Jy0Yg67_](https://www.youtube.com/watch?v=VaKKmtUovFs&index=17&list=PL2noowtyZJiqYBiXF3DJq9pM3Jy0Yg67_)

Side Plank Hold x 4

<https://vimeo.com/52743026>

Ski Jumps x 2

<https://www.youtube.com/watch?v=VT9Acu8Ssrk>

(3-5min Cool Down)

Weight Loss Warrior Exercise Program

WEEK ONE: NO FEAR!

Wednesday: *Conquer the Quest!*

(3-5min warm up)

Hands Up x 4

<https://www.youtube.com/watch?v=0O3WaqJagt0&list=PL2noowtyZJip2FeEbQHhg2ypaRB4sERT7&index=1>

Air Squats x 4 [https://www.youtube.com/watch?v=-](https://www.youtube.com/watch?v=-LCn16l1auQ&index=33&list=PL2noowtyZJirsb8VQwP0PGO_2EyXm7Tqy)

[LCn16l1auQ&index=33&list=PL2noowtyZJirsb8VQwP0PGO_2EyXm7Tqy](https://www.youtube.com/watch?v=-LCn16l1auQ&index=33&list=PL2noowtyZJirsb8VQwP0PGO_2EyXm7Tqy)

Shootin' Hoops x 4

<https://www.youtube.com/watch?v=P9e2T4Yhwfg&list=PL2noowtyZJirsatzuq6a0k8TDNEYIz34S&index=5>

Staggered Push-ups x 4

https://www.youtube.com/watch?v=oWK_4kM-M9M

Speed Skaters x 4

<https://www.youtube.com/watch?v=UEYOgIC9R2g&list=PL2noowtyZJirsatzuq6a0k8TDNEYIz34S&index=6>

Side Plank with Hip Raises x 4

<https://vimeo.com/52743526>

Jumps Squats x 2

<https://www.youtube.com/watch?v=vGhWSswd5mw>

Reverse Table Top Hip Thrusts x 4

<https://www.youtube.com/watch?v=o11rYDpcUtY>

Plank Alt. Leg Raises x 4

<https://www.youtube.com/watch?v=zXj5LqDwpGo>

Sprinter Sit ups x 4

<https://www.youtube.com/watch?v=znoaBE5EHZU>

Jogging High Knees x 2

<https://www.youtube.com/watch?v=UStj4I7IScw>

(3-5min Cool Down)

Weight Loss Warrior Exercise Program

WEEK ONE: NO FEAR!

Thursday: *Going into Combat!*

(3-5min warm up)

Squat Alt. Kicks x 4

https://www.youtube.com/watch?v=4RKdoqJ_wZQ

Walking Planks x 4

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

1-Leg Speed Bag Punches x 4

<https://www.youtube.com/watch?v=71pimNn94-A&list=PL2noowtyZJirsatzug6a0k8TDNEYIz34S&index=1>

Tricep Push-ups x 4

<https://www.youtube.com/watch?v=pnDK8ynli9k&index=21&list=PL2noowtyZJip860TLbOUVg8tQjGPUFvu>

Lunge w/ 2-Pulse x 4

<https://www.youtube.com/watch?v=gQYsFXhe27o>

Donkey Kick ups x 4

https://www.youtube.com/watch?v=o249gMDzWXs&index=8&list=PL2noowtyZJirsa_tzuq6a0k8TDNEYIz34S

<https://www.youtube.com/watch?v=Z8HE0Kurnws&list=PL2noowtyZJirsatzug6a0k8TDNEYIz34S&index=7>

Crab ups x 4

<https://vimeo.com/52742328>

Plank w/ Oblique Twists x 4

<https://vimeo.com/52743027>

V Sit & Outs x 4

<https://vimeo.com/52743530>

Climber Lunges x 2

<https://www.youtube.com/watch?v=0D1rdsIJXWY>

(3-5min Cool Down)

Weight Loss Warrior

Exercise Program

WEEK ONE: NO FEAR!

Friday: Facing the Fire!

(3-5min warm up)

Jumping Jacks w/ Punch x 4

<https://www.youtube.com/watch?v=a1hO7TrfeGg&index=4&list=PL2noowtyZJirsatzuq6a0k8TDNEYIz34S> Walking

Push-ups x 4

https://www.youtube.com/watch?v=LPq2NDSK4wk&index=39&list=PL2noowtyZJip8_60TLbOUVg8tQjGPUFvu

Curtsy Lunge x 4

<https://www.youtube.com/watch?v=gtDxRNMV1I>

Mountain Climbers x 4

<https://www.youtube.com/watch?v=OyBUuf9xul8>

Jogging On Spot Butt Kicks x 4 <https://www.youtube.com/watch?v=-dtvAxibgYQ>

Squat, Twist & Reach x 4

<https://www.youtube.com/watch?v=0YaGs-FZUkU>

Side Plank Hold x 4

<https://vimeo.com/52743026>

X Jumps x 4

<https://www.youtube.com/watch?v=idrWm6yzBOs>

Downward Dog Crunch x 4

<https://www.youtube.com/watch?v=Gtl45qj9UrQ>

Squat w/ Punch x 4

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

Wall Sit x 2

<https://www.youtube.com/watch?v=-cdph8hv000>

(3-5min Cool Down)

Weight Loss Warrior Exercise Program

WEEK ONE: NO FEAR!

Saturday: *Weekend Warrior!*

(3min-5min Warm Up)

Jog Forward & Back Jump Rope x 4

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

Plank Twists x 4

<https://www.youtube.com/watch?v=j34a9oVbZBA>

Jumping Jacks with Side Laterals x 4

<https://www.youtube.com/watch?v=MBmNYtk2Ubl>

Push Ups with Side Plank x 4

<https://www.youtube.com/watch?v=8sOkFKplyel>

Cross Body Crunch w/ Punch x 4

<https://www.youtube.com/watch?v=zVDhe-45nFs>

Pike Push- ups x 4

<https://www.youtube.com/watch?v=1GXEWz9L5pg>

Jumping Lunges x 4

<https://www.youtube.com/watch?v=FaXGPqKZdF0>

Tricep Push-ups x 4

<https://www.youtube.com/watch?v=pnDK8ynli9k&index=21&list=PL2noowtyZJip860TLbOUVg8tQjGPUFvu>

V Sit Ups x 4

https://www.youtube.com/watch?v=aviRfr_y4N4

Glute Bridge x 4

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

1/-Leg Burpees x 2

<https://www.youtube.com/watch?v=LEV4cyzWIWA>

(3-5min Cool Down)

Weight Loss Warrior Exercise Program

WEEK TWO: COURAGE!

Monday: *Beast Mode Booty!*

(3-5min warm up)

Note: Perform each exercise for 20sec, followed by a 10sec recovery/rest, repeat for the prescribed number of rounds.

One Legged Wall Squats x 4

<https://www.youtube.com/watch?v=KtfnZJwl4Es>

Squat High 5's with a Partner x 4

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

Low Squat Pulse x 4

<https://www.youtube.com/watch?v=ss6lZKy2IYM>

Box Square Jumps x 4

<https://www.youtube.com/watch?v=ZAUFGKcw8M>

X Jumps x 4

<https://www.youtube.com/watch?v=idrWm6yzBOs>

Curtsy Lunge x 4

<https://www.youtube.com/watch?v=wzHjHs6jllA>

Donkey Kick ups x 4

https://www.youtube.com/watch?v=o249gMDzWXs&index=8&list=PL2noowtyZJirsa_tzuq6a0k8TDNEYIz34S

Plank Jacks x 4

<https://www.youtube.com/watch?v=PR9nHQXCZMo>

Side Lunge Touchdown x 4

<https://www.youtube.com/watch?v=B-C6H-FGhg>

Sprinting Burpees x 4

<https://www.youtube.com/watch?v=EzTof3-07IM>

Wall Sit x 2

<https://www.youtube.com/watch?v=-cdph8hv000>

(3-5min Cool Down)

Weight Loss Warrior Exercise Program

WEEK TWO: COURAGE!

Tuesday: *Courageous To the Core!*

(3-5min warm up)

Note: Perform each exercise for 20sec, followed by a 10sec recovery/rest, repeat for the prescribed number of rounds.

Jogging High Knees x 4

<https://www.youtube.com/watch?v=UStj4I7IScw>

Plank Twists x 4

<https://www.youtube.com/watch?v=j34a9oVbZBA>

Star Jumps x 4

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

V Sit Crunches x 4

<https://www.youtube.com/watch?v=MzV6G47VL10>

Jumping Lunges x 4

<https://www.youtube.com/watch?v=FaXGPqKZdF0>

Side Plank Oblique Twists x 4

<https://www.youtube.com/watch?v=vyAnv6gO1Y>

Star Jacks x 4

<https://www.youtube.com/watch?v=zZeGHLmg8gU>

Leg Raises w/ a Pulse Up x 4

<https://www.youtube.com/watch?v=ip1IqPLFP9o>

Plank Jumps x 4

<https://www.youtube.com/watch?v=8wgG3rIAyXo>

Frogees x 4

<https://www.youtube.com/watch?v=wsgQ42v5D44>

Plank Hold x 2

<https://www.youtube.com/watch?v=2ske7JKR3Dk&index=15&list=PL2noowtyZJiqYBiXF3DJq9pM3Jy0Yg67>

(3-5min Cool Down)

Weight Loss Warrior

Exercise Program

WEEK TWO: COURAGE!

Wednesday: Raise the Roof n RRRROAR!!!

(3-5min warm up)

Note: Perform each exercise for 20sec, followed by a 10sec recovery/rest, repeat for the prescribed number of rounds.

Side to Side Push Ups x 4

<https://www.youtube.com/watch?v=Pr1aqXlovpE>

DB Side Lateral Raises x 4

<https://www.youtube.com/watch?v=muEz8X2sgAY>

Tricep Push Ups x 4

https://www.youtube.com/watch?v=pnDK8ynli9k&index=21&list=PL2noowtyZJip8_60TLbOUVg8tQjGPUFvu

Jogging On Spot Butt Kicks x 4

<https://www.youtube.com/watch?v=-dtvAxibgYQ>

Speed Skater Burpees x 4

<https://www.youtube.com/watch?v=ZFDMP1jwMzU>

Bent Over DB Reverse Flys x 4

https://www.youtube.com/watch?v=TV_DcEnXRuY

Pike Push up x 4

https://www.youtube.com/watch?v=1GXEWz9L5pg&list=PL2noowtyZJip8_60TLbOUVg8tQjGPUFvu&index=23 Tricep

Dips x 4

https://www.youtube.com/watch?v=KW7pcSyNckY&list=PL2noowtyZJip8_60TLbOUVg8tQjGPUFvu&index=24

Superwoman Planks x 4

<https://www.youtube.com/watch?v=LqInglWU-Tw> b Knee

Tuck Burpees x 4

<https://www.youtube.com/watch?v=0uCOd-m5FUY>

Frog Pose x 2

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

(3-5min Cool Down)

Weight Loss Warrior

Exercise Program

WEEK TWO: COURAGE!

Thursday: *All Guts n Glory!*

(3-5min warm up)

Note: Perform each exercise for 20sec, followed by a 10sec recovery/rest, repeat for the prescribed number of rounds.

Jump Squats x 4

https://www.youtube.com/watch?v=s_tvEX04qY

Plank Side Leg Lifts x 4

<https://www.youtube.com/watch?v=J-tjrfMYlwA>

Hands Up x 4

<https://www.youtube.com/watch?v=0O3WaqJagt0&list=PL2noowtyZJip2FeEbQHhg2ypaRB4sERT7&index=1> Power

Squat Jumps x 4

<https://www.youtube.com/watch?v=mPTvQZrMWzA&index=16&list=PL2noowtyZJirsatzuq6a0k8TDNEYIz34S>

Russian Twists x 4

https://www.youtube.com/watch?v=8ScjcVe7U_I

High Knees Burpees x 4

https://www.youtube.com/watch?v=ObwAimxo_H8

V Sit Bicycle Crunches w/ Punch x 4

<https://www.youtube.com/watch?v=SQ62o2oDLuo>

Plank Twists x 4

<https://www.youtube.com/watch?v=j34a9oVbZBA>

Sumo Squat w/ Knee-To-Elbow Jumps x 4

<https://www.youtube.com/watch?v=gJAmODfBj3E&list=PL2noowtyZJirsatzuq6a0k8TDNEYIz34S&index=15> DB

Leg Scissors x 2

https://www.youtube.com/watch?v=JnbFiw9ThCw&index=5&list=PL2noowtyZJiqYBiXF3DJq9pM3Jy0Yg67_

1-Leg Speed Bag Punches x 4

<https://www.youtube.com/watch?v=71pimNn94-A&list=PL2noowtyZJirsatzuq6a0k8TDNEYIz34S&index=1>

Weight Loss Warrior

Exercise Program

WEEK TWO: COURAGE!

Friday: Circuit City Cardio!

(3-5min warm up)

Note: Perform each exercise for 20sec, followed by a 10sec recovery/rest, repeat for the prescribed number of rounds.

Jumping Jack Punches x 4

<https://www.youtube.com/watch?v=a1hO7TrfeGg&list=PL2noowtyZJirsatzuq6a0k8TDNEYIz34S&index=4>

Crab ups x 4 <https://vimeo.com/52742328>

Push-ups x 4

<https://www.youtube.com/watch?v=0bHmUANF740>

Forearm Side Plank on right x 4

<https://www.youtube.com/watch?v=OfpJ0cLmpVk&index=7&list=PL2noowtyZJiqYBiXF3DJq9pM3Jy0Yg67>

Forearm Side Plank on left x 4

<https://www.youtube.com/watch?v=OfpJ0cLmpVk&index=7&list=PL2noowtyZJiqYBiXF3DJq9pM3Jy0Yg67>

Star Burpees with Tricep Push Ups x 4

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

Sumo Squats w/ DB Shoulder Press x 4

<https://www.youtube.com/watch?v=07TRiTAL1VQ>

Alternating Toe Touch Sit ups x 4

<https://www.youtube.com/watch?v=gqj8o3r58yl>

Mountain Climbers x 4

<https://www.youtube.com/watch?v=OyBUuf9xul8&index=2&list=PL2noowtyZJirsatzuq6a0k8TDNEYIz34S>

Low Jack w/ Touch Down x 4

https://www.youtube.com/watch?v=mxNA_q6JO8w

Chair Pose x 2

<https://www.youtube.com/watch?v=buQR8ZF9mnM>

Weight Loss Warrior Exercise Program

WEEK TWO: COURAGE!

Saturday: *Can't Stop, Won't Stop!*

(3min-5min Warm Up)

Note: Perform each exercise for 20sec, followed by a 10sec recovery/rest, repeat for the prescribed number of rounds.

Jog Forward & Back Jump Rope x 4

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

DB Swings x 4

https://www.youtube.com/watch?v=xYD8_pSSXP4

Push Ups with Side Plank x 4

<https://www.youtube.com/watch?v=8sOkFKplyel>

Ski Jumps x 4

<https://www.youtube.com/watch?v=VT9Acu8Ssrk>

Glute Bridge x 4

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

Pike Butt Kicks x 4

https://www.youtube.com/watch?v=o249gMDzWXs&index=8&list=PL2noowtyZJirsa_tzuq6a0k8TDNEYIz34S

Squat Alt. Kicks x 4

https://www.youtube.com/watch?v=4RKdogJ_wZQ

Downward Dog Crunch x 4

<https://www.youtube.com/watch?v=Gtl45qj9UrQ>

Squat, Twist & Reach x 4

<https://www.youtube.com/watch?v=0YaGs-FZUKU>

180 Jumps w/ Touch Down x 4

https://www.youtube.com/watch?v=FQ763oA5UeM&index=21&list=PL2noowtyZJirsa_tzuq6a0k8TDNEYIz34S

V Sit Hold w/ DB Shoulder Press x 2

https://www.youtube.com/watch?v=UkUz9rDw3go&index=1&list=PL2noowtyZJiqYB_iXF3DJq9pM3Jy0Yg67

Weight Loss Warrior Exercise Program

WEEK THREE: COURAGE!

Monday: *Butts-O-Steel*

(3-5min warm up)

Note: Perform each exercise for 20sec, followed by a 10sec recovery/rest, repeat for the prescribed number of rounds.

1. Plea Squat with Calf Raises x 4
<https://www.youtube.com/watch?v=KE6qCWwM89I>
2. 1-Leg Jump Rope x 4
https://www.youtube.com/watch?v=o6teTA0T_wc
3. Sumo Squat w DB x 4
<https://www.youtube.com/watch?v=qcTBWRkC2Bw>
4. Push up Burpees x 4
<https://www.youtube.com/watch?v=jc7VDvFD-wM>
5. Up and Down Plank x 4
<https://www.youtube.com/watch?v=L4oFJRDAU4Q>
6. Squat Shuffle x 4
https://www.youtube.com/watch?v=tSEXq54ya_U
7. Toe Touch Jumping Jacks x 4 https://www.youtube.com/watch?v=t0z_N8LtEIE
8. 1- Leg Wall Sit x 4
<https://www.youtube.com/watch?v=7O-BszYOYs>
9. Squat Side to Side Jumps x 4
<https://www.youtube.com/watch?v=mRzSLDqP1s8>
10. High Knees x 4
<https://www.youtube.com/watch?v=oDdkytliOqE>

Weight Loss Warrior

Exercise Program

WEEK THREE: COURAGE!

Tuesday: Pump UP The Jam!

(3-5min warm up)

Note: Perform each exercise for 20sec, followed by a 10sec recovery/rest, repeat for the prescribed number of rounds.

1. Pike Push Up x 4

<https://www.youtube.com/watch?v=1GXEWz9L5pg>

2. Tricep Dips x 4

<https://www.youtube.com/watch?v=X0En9tzWF8I>

3. Superwoman x4

<https://www.youtube.com/watch?v=MANUqIjOhs4>

4. Travelling Burper x 4

<https://www.youtube.com/watch?v=ziTN0htboZk>

5. Tricep Push-up

https://www.youtube.com/watch?v=CEgzumrUC_E

6. Criss Cross Jacks x 4

<https://www.youtube.com/watch?v=IF1vpdVQsUU>

7. Forearm Plank with DB Lateral Raise x 4

<https://www.youtube.com/watch?v=xWrzn2BxKrM>

8. 2 Point Plank x 4

<https://www.youtube.com/watch?v=G-Fw3C4wxYg>

9. Small Arm Circles DB

<https://www.youtube.com/watch?v=QvIPQMe4gL8>

10. Mountain Climbers

<https://www.youtube.com/watch?v=DyeZM-VnRc>

Weight Loss Warrior

Exercise Program

WEEK THREE: COURAGE!

Wednesday: In It to Win It!

(3-5min warm up)

Note: Perform each exercise for 20sec, followed by a 10sec recovery/rest, repeat for the prescribed number of rounds.

1. Sprinting on the spot, while punching boxing bag above head x 4
<https://www.youtube.com/watch?v=71pimNn94-A>
2. Squat Side to Side Jumps x 4
<https://www.youtube.com/watch?v=ELBCaOAtuM&spfreload=1>
3. Super Plank with High Leg Raises x 4
<https://www.youtube.com/watch?v=s1MeMvqSNqA>
4. DB Plank Push up with Alt Knee to Elbow x 4
https://www.youtube.com/watch?v=g_dD9VLGnME
5. Side Hop Back and Forth x 4 <https://www.youtube.com/watch?v=-fHhWmntPXo>
6. V-Sit Up x 4
<https://www.youtube.com/watch?v=-fHhWmntPXo>
7. Push Up with DB Row x 4
<https://www.youtube.com/watch?v=Mk5dUWaZVGk>
8. Bicycle Legs x 4
<https://www.youtube.com/watch?v=9FGilxCbdz8>
9. High Knee Double Jump x 4 <https://www.youtube.com/watch?v=ILvK0ya4xAo>
10. Jumping Jack Burpees x 4 <https://www.youtube.com/watch?v=6cuSripoik8>

Weight Loss Warrior

Exercise Program

WEEK THREE: COURAGE!

Thursday: Go Deep...RRRRRRREAL Deep!

(3-5min warm up)

Note: Perform each exercise for 20sec, followed by a 10sec recovery/rest, repeat for the prescribed number of rounds.

1. Sprint on Spot x 4
<https://www.youtube.com/watch?v=z9yIFnnC4Tk>
2. Squat Jump Side Kick x 4
<https://www.youtube.com/watch?v=zbbCL2zNjPo>
3. Around the Clock Lunges x 4 <https://www.youtube.com/watch?v=GIm5-KIdWBk>
4. Shuffle Push up x 4
<https://www.youtube.com/watch?v=PKctCYCGKnl>
5. Bicycle Legs Abs x 4
<https://www.youtube.com/watch?v=5L8Blvlu5pU>
6. DB Reverse Lunge Press x 4
https://www.youtube.com/watch?v=99QUA4oy_Cg
7. Bridge Circles x 4
<https://www.youtube.com/watch?v=LagYOsilgP4>
8. Single Leg Circles x 4
<https://www.youtube.com/watch?v=5N4gT6gLuAY>
9. Shuffle Side-Side Touchdowns x 4
<https://www.youtube.com/watch?v=k82x5OMqmlQ>
10. Star Jumps x 4
https://www.youtube.com/watch?v=h6wu4_LOhyU

Weight Loss Warrior

Exercise Program

WEEK THREE: COURAGE!

Friday: Bring The Action!

(3-5min warm up)

Note: Perform each exercise for 20sec, followed by a 10sec recovery/rest, repeat for the prescribed number of rounds.

1. Plie Jumping Jack with Alternate lunge x 4
<https://www.youtube.com/watch?v=zkop541ZyMs>
2. Roman Get Up with Weight x 4
<https://www.youtube.com/watch?v=8V52Ee76M3o>
3. DB Bicep Hammer Curl w/ DB Arm Press x 4
<https://www.youtube.com/watch?v=Gy-e4nTjIME>
4. DB Tricep Kicks Back Speed Skaters x 4
<https://www.youtube.com/watch?v=nMRDlywly80>
5. DB Lateral Arm Jumping Jacks x 4
https://www.youtube.com/watch?v=P_YGfyiPHjY
6. DB Front Raises Running On The Spot x 4
https://www.youtube.com/watch?v=P_YGfyiPHjY
7. Bicep Push-up x 4
https://www.youtube.com/watch?v=QqS7f7_5ynE
8. Froggee Burpees x 4
<https://www.youtube.com/watch?v=vZzZtHCdgpw>
9. Plank w/ DB Tricep Kickback Row x 4
<https://www.youtube.com/watch?v=EmmZvCqX4W4>
10. High Knees x 4
<https://www.youtube.com/watch?v=ZZZoCNMU48U>

Weight Loss Warrior Exercise Program

WEEK THREE: COURAGE!

Saturday: *Crank It Up!*

(3min-5min Warm Up)

Note: Perform each exercise for 20sec, followed by a 10sec recovery/rest, repeat for the prescribed number of rounds.

1. Square Jump x 4
<https://www.youtube.com/watch?v=ZAUFGKcw8M>
2. Jumping Jacks with Punch x 4
<https://www.youtube.com/watch?v=bH8oqs0vKxg>
3. Plank w/ Alt Knee-Elbow Cross Over Crunch x 4
<https://www.youtube.com/watch?v=VEbRcrpRsU>
4. Side Plank Walks with Weight x 4
<https://www.youtube.com/watch?v=yVvkM2Ou2uY>
5. Burpee with Lateral Leg Kicks x 4
<https://www.youtube.com/watch?v=7a7AxqdpMGY>
6. Push-Up Jacks x 4
<https://www.youtube.com/watch?v=OJt7sgaXc2I>
7. Plank with Side-Side Same Knee-Elbow x 4
<https://www.youtube.com/watch?v=M1GLCBjqr8>
8. V-Sit Ups Twist Crunch x 4
<https://www.youtube.com/watch?v=kPHTGgn6r2c>
9. Leg Scissors x 4
<https://www.youtube.com/watch?v=wC7Lon6zHSY>
10. Reverse Lunge Jumps x 4
https://www.youtube.com/watch?v=2wJ_Y7ReY9g

Weight Loss Warrior

Exercise Program

WEEK FOUR: TRANSFORMATION

Monday: No Pain! No Gain!

(3-5min warm up)

Note: Perform each exercise for 20sec, followed by a 10sec recovery/rest, repeat for the prescribed number of rounds.

Prisoner Squats x 4

https://www.youtube.com/watch?v=97p3_bDkPUE

1 Legged Squat with Side Lunge x 4

<https://www.youtube.com/watch?v=yRPIR9hRiiq>

Forearm Plank w Leg Raise Pulse x 4

<https://www.youtube.com/watch?v=BCEA59ugc4g>

Spartan Bow x 4

<https://www.youtube.com/watch?v=FCMCd84eeYw>

Donkey Kick Ups w Push Ups x 4

<https://www.youtube.com/watch?v=3FvKjPUtkTA>

Bridge with Leg Raises x 4

<https://www.youtube.com/watch?v=ch-kkSSQfR4>

Inner Thigh Lift x 4

<https://www.youtube.com/watch?v=eKR209nWCdE>

DB Dead Lift x 4

https://www.youtube.com/watch?v=w9_PudlkeLI

Gengis Khan Burpee x 4

<https://www.youtube.com/watch?v=VzDeiJx6ljA>

Squat Side Kicks x 4

<https://www.youtube.com/watch?v=33Tlsm8vtc8>

Weight Loss Warrior Exercise Program

WEEK FOUR: TRANSFORMATION

Tuesday: Pump Your Passion!

(3-5min warm up)

Note: Perform each exercise for 20sec, followed by a 10sec recovery/rest, repeat for the prescribed number of rounds.

DB Push Up Row x 4

<https://www.youtube.com/watch?v=vpB-ad8ezFE>

DB Side Plank Lateral Side Raise x 4

<https://www.youtube.com/watch?v=q3Y8TaVhJrg>

DB Punch with Squat x 4

<https://www.youtube.com/watch?v=LWhJAK-bb4k>

DB Shoulder Press Pulse x 4

<https://www.youtube.com/watch?v=B-aVuyhvLHU>

DB Bent Over Reverse Fly x 4

<https://www.youtube.com/watch?v=T1U3yZne1jw>

DB Lateral Raise x 4

https://www.youtube.com/watch?v=GJJU_hczDI

Star Burpee with Tricep Push-up x 4

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

DB Jumping Jacks x 4

<https://www.youtube.com/watch?v=YHIB49pp-RQ>

Push Up Inch Worm x 4

<https://www.youtube.com/watch?v=x5IzwmRmXfY>

DB Lateral Raise with Half Burpee x 4

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

Weight Loss Warrior

Exercise Program

WEEK FOUR: TRANSFORMATION

Wednesday: Challenge = Change!

(3-5min warm up)

Note: Perform each exercise for 20sec, followed by a 10sec recovery/rest, repeat for the prescribed number of rounds.

Leap Frog Jumps x 4

<https://www.youtube.com/watch?v=NSPy43tX8e4>

Sprinting On The Spot x 4

<https://www.youtube.com/watch?v=O7Kyyws7gEI>

Plank Side to Side Hops x 4

https://www.youtube.com/watch?v=avOPlqO_dN8

Leg Lift Criss Cross x 4

<https://www.youtube.com/watch?v=C6JPF3tMs40>

Crab Ups x 4

<https://www.youtube.com/watch?v=UQe-JJgt5VU>

Rolling Plank x 4

<https://www.youtube.com/watch?v=DhsqY-gb8o8>

DB Star Crunches x 4

<https://www.youtube.com/watch?v=5xFAZJk3kQk>

Squats + Mountain Climbers x 4

<https://www.youtube.com/watch?v=TNHSp9td0bw>

Flutter Kicks x 4

<https://www.youtube.com/watch?v=o20fHvlyREg>

Jumping Jacks + High Knees x 4

<https://www.youtube.com/watch?v=6KTXiuwXgac>

Weight Loss Warrior

Exercise Program

WEEK FOUR: TRANSFORMATION

Thursday: Squatting for Success!

(3-5min warm up)

Note: Preform each exercise for 20sec, followed by a 10sec recovery/rest, repeat for the prescribed number of rounds.

DB Squat with Calf Raises x 4

https://www.youtube.com/watch?v=KB4_IsdkskA

DB Lunge Scissor Jumps x 4

<https://www.youtube.com/watch?v=grID4CMcPdA>

3 Squats + Burpee Jump x 4

<https://www.youtube.com/watch?v=6VxBHBdrJA>

Squat Flip x 4

<https://www.youtube.com/watch?v=GE1p52a5nRg>

Squat Jacks x 4

<https://www.youtube.com/watch?v=LK3jSsdQ7M4>

Mountain Climbers x 4

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

DB Sumo Squats x 4

https://www.youtube.com/watch?v=V0qNjLHV3_c

DB Reverse Lunge Kick Throughs x 4

https://www.youtube.com/watch?v=0_bTYQCxgMg

High Knees Sprints x 4

<https://www.youtube.com/watch?v=dWnssSlxgl4>

Weight Loss Warrior

Exercise Program

WEEK FOUR: TRANSFORMATION

Friday: HIIT Like a WARRIOR!!

(3-5min warm up)

Note: Preform each exercise for 20sec, followed by a 10sec recovery/rest, repeat for the prescribed number of rounds.

Pike Push Ups x 4

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

DB Tricep Extension x 4

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

DB Static Low Lunge Rows x 4

<https://www.youtube.com/watch?v=U0ZNfCHu7Ow>

DB Bicep Curl with Pulse x 4

<https://www.youtube.com/watch?v=AsPz5OvOVnl>

Push Up Inch Worm x 4

<https://www.youtube.com/watch?v=lc0OW8YXNp4>

Forearm Plank with Same Knee to Elbow Crunch x 4

https://www.youtube.com/watch?v=_2U5NZ_zwll

DB Speed Skater with Tricep Kickbacks x 4

<https://www.youtube.com/watch?v=nMRDlywly80>

Mountain Climbers with Push Up x 4

<https://www.youtube.com/watch?v=qDqxjccmOL8>

Up and Down Plank x 4

<https://www.youtube.com/watch?v=L4oFJRDAU4Q>

Plank Inside Outside Crunch x 4 <https://www.youtube.com/watch?v=pt6-aLD-WJQ>

Weight Loss Warrior

Exercise Program

WEEK FOUR: TRANSFORMATION

Saturday: Transformation Station!

(3min-5min Warm Up)

Note: Preform each exercise for 20sec, followed by a 10sec recovery/rest, repeat for the prescribed number of rounds.

Stutter Steps x 4

<https://www.youtube.com/watch?v=N3ieK6-MkEg>

Jack Knife Sit-up x 4

<https://www.youtube.com/watch?v=CWOZyf8kaH>

Plank Twist x 4

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

Flutter Kick Squats x 4

<https://www.youtube.com/watch?v=HICsLPk3Gds>

Plank Knee to Same Elbow x 4

https://www.youtube.com/watch?v=_IzjaBLTFhU

High Knee Sprints x 4

<https://www.youtube.com/watch?v=dWnssSlxql4>

Push up with Leg Rotation and Extension x 4

<https://www.youtube.com/watch?v=iTiQtvUmUP8>

Surfer Burpee x 4

https://www.youtube.com/watch?v=1_366C_smgY

Spider Push Up x 4

<https://www.youtube.com/watch?v=yv4u72wfvjk>

Double Jumps x 4

<https://www.youtube.com/watch?v=ILvK0ya4xAo>