



Four-week Workout

Exercise Band Metcon

40- to 45-minute workout for Cardio and Strength Training.
Alternate options, do each twice a week.

Week 1A

| | Time/Reps | Effort |
|--------------------------------|--|---|
| Warm up: Cardio machine | Five minutes | Easy pace |
| Workout (three rounds) | | |
| Bicep Curl | 10 reps | |
| Band Squat | 10 reps | |
| Side Plank (right) | 20 seconds | |
| Side Plank (left) | 20 seconds | |
| Jump Rope | 60 seconds | |
| Press Up | 10 reps | |
| Glute Bridge | 10 reps | |
| Plank | 30 seconds | |
| Cardio machine | 60 seconds 20 seconds 40 seconds 60 seconds 20 seconds 40 seconds 60 seconds | 4/5 8/9 3/4 4/5 8/9 3/4 2/3 |
| Cool down: Stretch | Five minutes | Easy pace |

Exercise Band Metcon

Week 1B

| | Time/Reps | Effort |
|--------------------------------|--|------------|
| Warm up: Cardio machine | Five minutes | Easy pace |
| Workout (three rounds) | | |
| Lateral Band Walk | 10 steps left 10 steps right | |
| Bent Over Row | 10 reps | |
| Russian Twist Abs | 30 reps | |
| Jump Rope | 60 seconds | |
| Band Donkey Kicks | 10 reps | |
| Band Push Ups | 10 reps | |
| V Ups | 10 reps | |
| Cardio Machine | 30 seconds 30 seconds Repeat for five minutes | 3/4 8/9 |
| Cool down: Stretch | Five minutes | Easy pace |

Exercise Band Metcon

Week 2A

| | Time/Reps | Effort |
|--------------------------------|--|---|
| Warm up: Cardio machine | Five minutes | Easy pace |
| Workout (three rounds) | | |
| Bicep Curl | 12 reps | |
| Band Squat | 12 reps | |
| Side Plank (right) | 25 seconds | |
| Side Plank (left) | 25 seconds | |
| Jump Rope | 60 seconds | |
| Press Up | 12 reps | |
| Glute Bridge | 12 reps | |
| Plank | 35 seconds | |
| Cardio machine | 60 seconds 20 seconds 40 seconds 60 seconds 20 seconds 40 seconds 60 seconds | 4/5 8/9 3/4 4/5 8/9 3/4 2/3 |
| Cool down: Stretch | Five minutes | Easy pace |

Exercise Band Metcon

Week 2B

| | Time/Reps | Effort |
|--------------------------------|--|------------|
| Warm up: Cardio machine | Five minutes | Easy pace |
| Workout (three rounds) | | |
| Lateral Band Walk | 12 steps left 12 steps right | |
| Bent Over Row | 12 reps | |
| Russian Twist Abs | 32 reps | |
| Jump Rope | 60 seconds | |
| Band Donkey Kicks | 12 reps | |
| Band Push Ups | 12 reps | |
| V Ups | 12 reps | |
| Cardio machine | 30 seconds 30 seconds Repeat for five minutes | 3/4 8/9 |
| Cool down: Stretch | Five minutes | Easy pace |

Exercise Band Metcon

Week 3A

| | Time/Reps | Effort |
|--------------------------------|--|---|
| Warm up: Cardio machine | Five minutes | Easy pace |
| Workout (three rounds) | | |
| Bicep Curl | 14 reps | |
| Band Squat | 14 reps | |
| Side Plank R | 25 seconds | |
| Side Plank L | 25 seconds | |
| Jump Rope | 60 seconds | |
| Press Up | 14 reps | |
| Glute Bridge | 14 reps | |
| Plank | 40 seconds | |
| Cardio machine | 60 seconds 30 seconds 30 seconds 60 seconds 30 seconds 30 seconds 60 seconds | 4/5 9 3/4 4/5 9 3/4 2/3 |
| Cool down: Stretch | Five minutes | Easy pace |

Exercise Band Metcon

Week 3B

| | Time/Reps | Effort |
|--------------------------------|--|------------|
| Warm up: Cardio machine | Five minutes | Easy pace |
| Workout (three rounds) | | |
| Lateral Band Walk | 14 steps left 14 steps right | |
| Bent Over Row | 14 reps | |
| Russian Twist Abs | 34 reps | |
| Jump Rope | 60 seconds | |
| Band Donkey Kicks | 14 reps | |
| Band Push Ups | 14 reps | |
| V Ups | 14 reps | |
| Cardio machine | 30 seconds 30 seconds Repeat for five minutes | 3/4 8/9 |
| Cool down: Stretch | Five minutes | Easy pace |

Exercise Band Metcon

Week 4A

| | Time/Reps | Effort |
|--------------------------------|--|---|
| Warm up: Cardio machine | Five minutes | Easy pace |
| Workout (three rounds) | | |
| Bicep Curl | 16 reps | |
| Band Squat | 16 reps | |
| Side Plank R | 30 seconds | |
| Side Plank L | 30 seconds | |
| Jump Rope | 60 seconds | |
| Press Up | 10 reps | |
| Glute Bridge | 10 reps | |
| Plank | 30 seconds | |
| Cardio machine | 60 seconds 20 seconds 40 seconds 60 seconds 20 seconds 40 seconds 60 seconds | 4/5 8/9 3/4 4/5 8/9 3/4 2/3 |
| Cool down: Stretch | Five minutes | Easy pace |

Exercise Band Metcon

Week 4B

| | Time/Reps | Effort |
|--------------------------------|--|------------|
| Warm up: Cardio machine | Five minutes | Easy pace |
| Workout (three rounds) | | |
| Lateral Band Walk | 16 steps left 16 steps rights | |
| Bent Over Row | 16 reps | |
| Russian Twist Abs | 36 reps | |
| Jump Rope | 60 seconds | |
| Band Donkey Kicks | 16 reps | |
| Band Push Ups | 10 reps | |
| V Ups | 16 reps | |
| Cardio machine | 30 seconds 30 seconds Repeat for five minutes | 3/4 8/9 |
| Cool down: Stretch | Five minutes | Easy pace |