



Day Five  
Feeling Peachy

Exercise Name	Week 1   Date:			Week 2   Date:			Week 3   Date:			Week 4   Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Push Ups (can be on knees)	4	10										
Inch Worm	4	10										
Pull Ups (can be assisted)	4	10										
Reverse Hyper w/resistance band abduction	4	15										
Cable Row	4	12										
Lat Pull Down (alternating wide and reverse grip)	4	12										
Glute kickbacks w/ankle weights or resistance bands	4	15 each leg										
<b>Instructions / Cardio:</b>	<p>Start at the top of the column (set) and move down vertically until all exercises are complete before moving to the next set. Aim for minimal to no rest between each exercise, then rest 30-60 seconds (max) between sets.</p> <p>We recommend pairing this workout with 10-15 minutes of HIIT afterward if your goal is fat loss or building lean muscle. See cardio workouts for instructions.</p>											