
WEEKLY WORKOUT

This weekly workout routine is designed to develop fundamental strength, functional strength, a reliable core and minor fat burn.



www.fruitsoffitness.com

MONDAY

- 10 push ups
- 20 squats
- 1 minute glute bridge
- Repeat 2-5 times

TUESDAY

- 10 weighted dumbbell burpees
- 10 weighted squats
- 10 lunges with overhead press (each side)
- Repeat 2-5 times

WEDNESDAY

- 1 minute weighted glute bridge
- 1 minute side bridge (both sides)
- 1 minute supermans
- 1 minute plank
- 1 minute squat
- Repeat 2-5 times

THURSDAY

- 10 push ups
- 20 squats
- 1 minute glute bridge
- Repeat 2-5 times

FRIDAY

- 10 weighted dumbbell burpees
- 10 weighted squats
- 10 lunges with overhead press (each side)
- Repeat 2-5 times

SATURDAY

- 1 minute weighted glute bridge
- 1 minute side bridge (both sides)
- 1 minute supermans
- 1 minute plank
- 1 minute squat
- Repeat 2-5 times
- RUN 30 MINUTES!

SUNDAY

Rest & Stretch

NFL Week Workout Plan California

Peterson's Guides Staff



NFL Week Workout Plan California:

Weekly Compilation of Presidential Documents ,1970 **Film & Video Finder** ,1989 **The Biggest Loser: 6 Weeks to a Healthier You** Cheryl Forberg,Melissa Roberson,Lisa Wheeler,Biggest Loser Experts and Cast,2010-03-16 BASED ON THE HIT SHOW AND NEW YORK TIMES BESTSELLING BOOKS Each season on The Biggest Loser America watches the contestants transform their bodies at the Ranch But what you can t see on television is the even more incredible physical transformation that takes place on the inside as Biggest Losers radically change their health and quality of life through diet exercise and lifestyle changes The Biggest Loser 6 Weeks to a Healthier You brings the Ranch into your home and gives you the same tools medical advice nutrition tips and exercise instruction that the contestants receive there In just 6 weeks you can change your future and make strides toward preventing and reversing conditions such as diabetes heart disease and high blood pressure You ll also learn how to Boost your mood and brainpower with simple yoga poses and omega 3 rich foods like the Veggie Cheese Omelet and Mexican Turkey Burger Protect yourself from colds and flus by enhancing immunity with the power of vitamins A and C found in the Southern Start breakfast and Fire Roasted Tomato Soup Cut your cancer risk with strength training and the power antioxidants like those in the Bye Bye Blues Smoothie and Berrylicious Oatmeal Help prevent heart disease by getting plenty of aerobic exercise and trimming saturated fat from your diet with lean protein dishes like the Sweet Pepper Chicken Sandwich and Egg White Bites With delicious recipes easy to follow meal plans and 6 weeks of exercises to get you moving The Biggest Loser 6 Weeks to a Healthier You helps you lose pounds and gain a lifetime of good health **Buckeye Football Fitness** Steve Bliss,1986 **Men's Health** ,2008-10 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **Harper's Weekly** John Bonner,George William Curtis,Henry Mills Alden,Samuel Stillman Conant,Montgomery Schuyler,John Foord,Richard Harding Davis,Carl Schurz,Henry Loomis Nelson,John Kendrick Bangs,George Brinton McClellan Harvey,Norman Hapgood,1893

Brandweek ,2008-07 **Ready-to-use P.E. Activities: For Grades 5-6** Joanne M. Landy,1992 Over 500 ready to use fitness activities and games to help you prepare and teach interesting fun packed physical education lessons tailored to your students specific developmental needs Complete Physical Education Activities Program Ready to Use P E Activities for Grade 7 9 **Men's Health** ,2008-10 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **2014 LEEP Event, Editorial & Promotional Calendar** Laura Dawn Lewis,2013-12-03 3 800 Holidays Promotions Events for 2014 in the United States United Kingdom Canadian Australian and Chinese Markets The 2014 LEEP features over 3 800 dates in over 53 categories arranged alphabetically with source URLs chronologically and by length This calendar of holidays and events for 2014 includes National Promotional Industry and International Events Federal Holidays Major Sporting Events and industry specific promotions The LEEP Calendar is the invaluable time saving idea generating revenue building business reference tool that provides exceptional marketers publishers and journalists a quantifiable critical

advantage over the competition Created by a marketing and publishing industry veteran for Advertising Executives Authors Bloggers Business Networkers Business Owners Editors Educators Event Planners Journalists Marketing Executives Media Planners Media Sales Reps Promotional Products Retailers Public Relations Publicists Publishers Retail Executives Sales Executives Social Media Marketers and anyone who is curious **Television & Cable Factbook** ,1998 PC Mag ,1987-07 PCMag com is a leading authority on technology delivering Labs based independent reviews of the latest products and services Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology Princeton Alumni Weekly ,1942 *Summer Programs for Kids & Teenagers* ,2007 Explore summer camps arts programs sports clinics academic courses travel tours and wilderness adventures **Journal of Health, Physical Education, Recreation** ,1943 HOW TO ACQUIRE BOOKS LISTED IN CURRENT CONTENTS ,1996 *Pro Football Weekly's Football Almanac* ,1983 **The Journal of Health and Physical Education** ,1948 **Summer Programs for Kids and Teenagers** Peterson's Guides Staff,2006-11-13 Updated information is presented on more than 3 000 summer camps arts programs sports clinics academic courses travel tours and wilderness adventures A Fast Facts Quick Reference Chart helps parents compare programs at a glance Training Youth ,1996

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