



# GIRL BYE WORKOUT

**THIS IS WORKOUT D.** And you will be saying “Girl Bye” to me while you are doing this workout. Time to get, and keep, that heart rate up! Get ready. Here we go! Each week gets increasingly difficult and your goal should be speed with lighter weights and faster reps. You can do it. Refer to your Exercise Glossary for all exercise descriptions.

5 minute cardio warm up of your choice (6 out of 10 effort). Warm up thoroughly.

EXERCISE	WEEK 1	✓ WEEK 2	✓ WEEK 3	✓ WEEK 4	✓
<b>EXERCISE SERIES (3 ROUNDS)</b>					
Push Ups, Basic	12 reps	12 reps	15 reps	20 reps	
Burpee 180s	5 reps ES	6 reps ES	7 reps ES	10 reps ES	
Kettlebell Swing Jump	12 reps	12 reps	15 reps	20 reps	
Push Ups, Plyo OR Decline	12 reps	12 reps	15 reps	20 reps	
Seated Air Rower Machine	1 minute	1 minute	1 minute	1 minute	
Tricep Straight Bar Press (go fast, and engage your lateral muscles under the shoulder blade)	1 minute	1 minute	1 minute	1 minute	
Chest Press with DB on incline bench	12 reps	12 reps	15 reps	20 reps	
Frog Jumping Jack	1 minute	1 minute	1 minute	1 minute	
Jump Pull Up	1 minute	1 minute	1 minute	1 minute	
<b>REST 1 MINUTE</b>					

### IgniteGirls+ Members:

Complete the following isometric workout:

- Wall Sit, :45 seconds
  - Plank Hold, :45 seconds
  - Tricep Hold (lowered plank), :45 seconds
  - Hanging Knee Raise Hold (knees to chest), :45 seconds
  - V-Sit Hold, :45 seconds
- Repeat 1 more time.*

### IgniteGirls+ Premium Members:

Check in with me every other Monday!

5 minute cool down, then stretch for 10 minutes.

**TERMS KEY**

**MB** - Medicine Ball  
**BB** - Barbell  
**KB** - Kettlebells  
**DB** - Dumbbells  
**SL** - Single-Leg  
**SA** - Single-Arm  
**ES** - Each Side