**Intermediate “Week 3”**

**30 Days to a Better YOU!**

****

**Can you believe it? We are already into week 3 of 30 Days to a Better YOU! This week, we are going to focus on building lean muscle in the upper body and lower body with NO EQUIPMENT! The strategy here is to complete 2-3 rounds of the exercises while giving your body a 45 second rest in between each exercise.**

**Focus on your form and perform each exercise slowly. This is not a race. Once you are finished performing each exercise, rest for 45 seconds then continue to the next exercise. Doing this 3 times per week will tone your muscles, sculpt your abs and give you incredible amounts of strength.**

**You only perform this workout 3 days this week. Sunday, Wednesday and Saturday. On your off days, take a walk, jog and stretch.**

**Remember…drink plenty of water and eat healthy for optimal results! Let the games begin!**

**Muscle Building Workout, No Equipment**

**Intermediate Week 3**

**\*\*Perform each exercise then rest for 45 seconds. Complete a minimum of 2-3 circuits\*\* Workout days are Sunday, Wednesday & Saturday\*\***

**Upper Body:**

1. **Negative Pushups (3 seconds down then explosive up) 12 reps**
2. **Shoulder Pushups-12 reps**
3. **Alternating Arm/Leg Lift Plank 12 reps**

**Lower Body:**

1. **Lunge Jumps 12 reps**
2. **Single Leg Glute Bridge (6 left leg/6 right leg)**
3. **Pendulumn Legs-12 reps**

**Core:**

1. **Crunches 15 reps**
2. **Plank-1 minute**
3. **Side Plank-30 seconds each side**