

Hot FOR THE Holidays

Week 1

DAY ONE (Monday) - 9 MINUTE MISSION



Total Body Toner – Rapid Rounds

Perform the set number of repetitions of Exercise #1, immediately followed by the set number of repetitions for Exercise #2 and so on until you have completed all five exercises in the Circuit. Do as many rounds of this Circuit as you can in 9 Minutes.

Go All Out!! Take breaks when needed and note how many rounds you completed. Try and beat your number of rounds in week 2.

CIRCUIT:

Exercise #1: Body Weight Squats – 10 Reps

Exercise #2: Push-ups – 10 Reps

Exercise #3: Explosive Jumps – 10 Reps

Exercise #4: Plank Hip Drops – 10 Reps (5 per side)

Exercise #5: Dumbbell Swings – 10 Reps

Hot FOR THE Holidays

Week 1

DAY TWO (Tuesday) - 9 MINUTE MISSION



Sexy Short Skirt – Superset Shapers

Starting with Superset #1 perform the set number of repetitions if Exercise A, immediately followed by the set number of repetitions for Exercise B. Repeat both exercises back-to-back two times, before moving on to the next Superset. Rest as needed. Note how long it took you to complete this workout. Try and decrease your time in Week 2.

Superset #1:

Exercise A) Dumbbell Squats – 10 Reps
Exercise B) Dumbbell Alt. Lunges – 5 Reps Per Leg

Superset #2

Exercise A) Dumbbell Reverse Lunge & Press – 5 Reps Per Leg
Exercise B) – Dumbbell Stiff-Leg Deadlifts – 10 Reps

Superset #3:

Exercise A) Dumbbell Alternating Side Lunges– 5 Reps Per Leg
Exercise B) Dumbbell Bridge Thrusts – 10 Reps

Hot FOR THE Holidays

Week 1

DAY THREE (Wednesday) - 9 MINUTE MISSION



Total Body Toner – Tabata Toners

Perform Exercise #1 for 20sec, rest for 10sec and repeat 4 times before moving on to Exercise #2. Repeat until you have completed all four exercises.

Exercise #1) Dumbbell Squat & Press

Exercise #2) Dumbbell Curtsy Lunge

Exercise #3) Dumbbell Stiff Leg Dead Lifts with Upright Row

Exercise #4) Mountain Climbers

Hot FOR THE Holidays

Week 1

DAY FOUR (Thursday) - 9 MINUTE MISSION



Strapless Dress – Superset Shapers

Starting with Superset #1 preform the set number of repetitions if Exercise A, immediately followed by the set number of repetitions for Exercise B. Repeat both exercises back-to-back two times, before moving on to the next Superset. Rest as needed. Note how long it took you to complete this workout. Try and decrease your time in Week 2.

Superset #1:

Exercise A) Incline Push-up – 10 Reps

Exercise B) Dumbbell Bent over Rows – 5 Reps Per Arm

Superset #2

Exercise A) Stability Ball Dumbbell Chest Press – 10 Reps

Exercise B) – Stability Ball DB Shoulder Press – 10 Reps

Superset #3:

Exercise A) Dumbbell Bicep Curls - 10 Reps Per Arm

Exercise B) Dumbbell Tricep Overhead Extensions – 10 Reps

Hot FOR THE Holidays

Week 1

DAY FIVE (Saturday) - 9 MINUTE MISSION



Total Body Toner – Rapid Rounds

Perform the set number of repetitions of Exercise #1, immediately followed by the set number of repetitions for Exercise #2 and so on until you have completed all five exercises in the Circuit. Do as many rounds of this Circuit as you can in 9 Minutes.

Go All Out!! Take breaks when needed and note how many rounds you completed. Try and beat your number of rounds in week 2.

CIRCUIT:

Exercise #1: Dumbbell Swings – 10 Reps

Exercise #2: Push-ups – 10 Reps

Exercise #3: Explosive Jumps – 10 Reps

Exercise #4: Plank Shoulder Tap – 5 Reps Per Side

Exercise #5: Reverse Crunches – 10 Reps

Hot FOR THE Holidays

Week 1

DAY SIX (Sunday) - 9 MINUTE MISSION



Cardio & Core – Tabata Toners

Perform Exercise #1 for 20sec, rest for 10sec and repeat 4 times before moving on to Exercise #2. Repeat until you have completed all four exercises.

Exercise #1) Leg Raises

Exercise #2) Switch Kicks

Exercise #3) Spider-man Plank

Exercise #4) Cracker Jacks

Hot FOR THE Holidays

Week 2

DAY ONE (Monday) - 9 MINUTE MISSION



Power Abs – Rapid Rounds

Perform the set number of repetitions of Exercise #1, immediately followed by the set number of repetitions for Exercise #2 and so on until you have completed all five exercises in the Circuit. Do as many rounds of this Circuit as you can in 9 Minutes.

Go All Out!! Take breaks when needed and note how many rounds you completed. Try and bet your number of rounds in week 4.

CIRCUIT:

Exercise #1: Reverse Crunch – 10 Reps

Exercise #2: Frog Crunches – 8 Reps

Exercise #3: V Sit In & Outs – 8 Reps

Exercise #4: Plank Body Saw – 10 Reps

Exercise #5: Runners Crunch – 3 Reps Per Side

Hot FOR THE Holidays

Week 2

DAY TWO (Tuesday) - 9 MINUTE MISSION



Booty Booster – Superset Shapers

Starting with Superset #1 perform the set number of repetitions if Exercise A, immediately followed by the set number of repetitions for Exercise B. Repeat both exercises back-to-back two times, before moving on to the next Superset. Rest as needed. Note how long it took you to complete this workout. Try and decrease your time in Week 4.

Super Set #1:

Exercise A) Dumbbell Sumo Squat – 10 Reps
Exercise B) Dumbbell Lunges w/ 2 Pulse – 5 Reps Per Leg

Super Set #2

Exercise A) Power Squat Jumps – 5 Reps
Exercise B) – Dumbbell Curtsy Lunge – 5 Reps Per Side

Super Set #3:

Exercise A) Dumbbell Swings - 10 Reps
Exercise B) Dumbbell Static Split Lunge – 5 reps per side

Hot FOR THE Holidays

Week 2

DAY THREE (Wednesday) - 9 MINUTE MISSION



Total Body Toner – Tabata Toners

Perform Exercise #1 for 20sec, rest for 10sec and repeat 4 times before moving on to Exercise #2. Repeat until you have completed all four exercises.

Exercise #1) Push-Up Jacks

Exercise #2) Dumbbell Squat & Press

Exercise #3) Plank Shoulder Tap

Exercise #4) Walking Lunges

Hot FOR THE Holidays

Week 2

DAY FOUR (Thursday) - 9 MINUTE MISSION



Upper Body Booster – Superset Shapers

Starting with Superset #1 perform the set number of repetitions of Exercise A, immediately followed by the set number of repetitions for Exercise B. Repeat both exercises back-to-back two times, before moving on to the next Superset. Rest as needed. Note how long it took you to complete this workout. Try and decrease your time in Week 4.

Super Set #1:

Exercise A) Narrow Push-ups – 8 Reps

Exercise B) Skipping – 30 Seconds

Super Set #2

Exercise A) Dumbbell Side Laterals – 8 Reps

Exercise B) – Speed Skaters w/ Dumbbell Tricep Kickback – 30 Seconds

Super Set #3:

Exercise A) Dumbbell Bicep Curls-to-Shoulder Press– 8 Reps

Exercise B) Cracker Jacks – 30 Seconds

Hot FOR THE Holidays

Week 2

DAY FIVE (Friday) - 9 MINUTE MISSION



Power Abs – Rapid Rounds

Perform the set number of repetitions of Exercise #1, immediately followed by the set number of repetitions for Exercise #2 and so on until you have completed all five exercises in the Circuit. Do as many rounds of this Circuit as you can in 9 Minutes.

Go All Out!! Take breaks when needed and note how many rounds you completed. Try and bet your number of rounds in week 4.

CIRCUIT:

Exercise #1: Reverse Crunch – 10 Reps

Exercise #2: Frog Crunches – 10 Reps

Exercise #3: V Sit In & Outs – 10 Reps

Exercise #4: Plank Body Saw – 10 Reps

Exercise #5: Runners Crunch – 5 Reps Per Side

Hot FOR THE Holidays

Week 2

DAY SIX (Saturday) - 9 MINUTE MISSION



Sweaty to the Core – Tabata Toners

Perform Exercise #1 for 20sec, rest for 10sec and repeat 4 times before moving on to Exercise #2. Repeat until you have completed all four exercises.

Exercise #1: Dumbbell Swing

Exercise #2: Plank Body Saw

Exercise #3: Sumo Squat Knee to Elbow

Exercise #4: Russian Twist

Hot FOR THE Holidays

Week 3

DAY ONE (Monday) - 9 MINUTE MISSION



Total Body Toner – Rapid Rounds

Perform the set number of repetitions of Exercise #1, immediately followed by the set number of repetitions for Exercise #2 and so on until you have completed all five exercises in the Circuit. Do as many rounds of this Circuit as you can in 9 Minutes.

Go All Out!! Take breaks when needed and note how many rounds you completed. Try and beat your number of rounds in week 2.

CIRCUIT:

Exercise #1: Body Weight Squats – 10 Reps

Exercise #2: Push-ups – 10 Reps

Exercise #3: Explosive Jumps – 10 Reps

Exercise #4: Plank Hip Drops – 10 Reps (5 per side)

Exercise #5: Dumbbell Swings – 10 Reps

Hot FOR THE Holidays

Week 3

DAY TWO (Tuesday) - 9 MINUTE MISSION



Sexy Short Skirt – Superset Shapers

Starting with Superset #1 perform the set number of repetitions of Exercise A, immediately followed by the set number of repetitions for Exercise B. Repeat both exercises back-to-back two times, before moving on to the next Superset. Rest as needed. Note how long it took you to complete this workout. Try and decrease your time in Week 2.

Superset #1:

Exercise A) Dumbbell Squats – 10 Reps
Exercise B) Dumbbell Alt. Lunges – 5 Reps Per Leg

Superset #2

Exercise A) Dumbbell Reverse Lunge & Press – 5 Reps Per Leg
Exercise B) – Dumbbell Stiff-Leg Deadlifts – 10 Reps

Superset #3:

Exercise A) Dumbbell Alternating Side Lunges – 5 Reps Per Leg
Exercise B) Dumbbell Bridge Thrusts – 10 Reps

Hot FOR THE Holidays

Week 3

DAY THREE (Wednesday) - 9 MINUTE MISSION



Holiday Hottie Total Body Sweat – Tabata Toners

Perform Exercise #1 for 20sec, rest for 10sec and repeat 4 times before moving on to Exercise #2. Repeat until you have completed all four exercises.

Exercise #1) Side-to- Side Squats

Exercise #2) Plank Push-ups

Exercise #3) Cracker Jacks

Exercise #4) Dumbbell Swings

Hot FOR THE Holidays

Week 3

DAY FOUR (Friday) - 9 MINUTE MISSION



Hot Buns – Superset Shapers

Starting with Superset #1 perform the set number of repetitions of Exercise A, immediately followed by the set number of repetitions for Exercise B. Repeat both exercises back-to-back two times, before moving on to the next Superset. Rest as needed. Note how long it took you to complete this workout. Try and decrease your time in Week 6.

Super Set #1:

Exercise A) Dumbbell Squats – 10 Reps

Exercise B) Dumbbell Alt. Lunges – 5 Reps Per Leg

Super Set #2:

Exercise A) Dumbbell Reverse Lunge & Press – 5 Reps Per Leg

Exercise B) Dumbbell Stiff-Leg Deadlifts – 10 Reps

Super Set #3:

Exercise A) Dumbbell Alternating Side Lunges – 5 Reps Per Leg

Exercise B) Dumbbell Bridge Thrusts – 10 Reps

Hot FOR THE Holidays

Week 3

DAY FIVE (Saturday) - 9 MINUTE MISSION



Cardio & Core – Tabata Toners

Perform Exercise #1 for 20sec, rest for 10sec and repeat 4 times before moving on to Exercise #2. Repeat until you have completed all four exercises.

Exercise #1) Leg Raises

Exercise #2) Switch Kicks

Exercise #3) Spider-man Plank

Exercise #4) Cracker Jacks

Hot FOR THE Holidays

Week 3

DAY SIX (Sunday) - 9 MINUTE MISSION



Holiday Hottie Total Body Sweat – Tabata Toners

Perform Exercise #1 for 20sec, rest for 10sec and repeat 4 times before moving on to Exercise #2. Repeat until you have completed all four exercises.

Exercise #1) Dumbbell Sumo Squats w/ Upright Rows

Exercise #2) Plank Jacks

Exercise #3) Speed Skaters

Exercise #4) Plank Knee-to-Elbow

Hot FOR THE Holidays

Week 4

DAY ONE (Monday) - 9 MINUTE MISSION



Power Abs – Rapid Rounds

Perform the set number of repetitions of Exercise #1, immediately followed by the set number of repetitions for Exercise #2 and so on until you have completed all five exercises in the Circuit. Do as many rounds of this Circuit as you can in 9 Minutes.

Go All Out!! Take breaks when needed and note how many rounds you completed. Try and bet your number of rounds in week 6.

CIRCUIT:

Exercise #1: Plank Push-ups – 5 Reps Per Arm

Exercise #2: Roll-ups – 5 Reps

Exercise #3: Squat Jump w/ Knee to Elbow Side Crunch – 5 Reps Per Side

Exercise #4: Downward Dog Crunch – 5 Reps Per Side

Exercise #5: Russian Twist – 5 Reps Per Side

Hot FOR THE Holidays

Week 4

DAY TWO (Tuesday) - 9 MINUTE MISSION



Upper Body Booster – Superset Shapers

Starting with Superset #1 perform the set number of repetitions if Exercise A, immediately followed by the set number of repetitions for Exercise B. Repeat both exercises back-to-back two times, before moving on to the next Superset. Rest as needed. Note how long it took you to complete this workout. Try and decrease your time in Week 6.

Super Set #1:

Exercise A) Narrow Push-ups – 8 Reps
Exercise B) Skipping – 30 Seconds

Super Set #2:

Exercise A) Dumbbell Side Laterals – 8 Reps
Exercise B) Speed Skaters w/ Dumbbell Tricep Kickback – 30 Seconds

Super Set #3:

Exercise A) Dumbbell Bicep Curls-to-Shoulder Press– 8 Reps
Exercise B) Cracker Jacks – 30 Seconds

Hot FOR THE Holidays

Week 4

DAY THREE (Wednesday) - 9 MINUTE MISSION



Holiday Hottie Total Body Sweat – Tabata Toners

Perform Exercise #1 for 20sec, rest for 10sec and repeat 4 times before moving on to Exercise #2. Repeat until you have completed all four exercises.

Exercise #1) Dumbbell Sumo Squats w/ Upright Rows

Exercise #2) Plank Jacks

Exercise #3) Speed Skaters

Exercise #4) Plank Knee-to-Elbow

Hot FOR THE Holidays

Week 4

DAY FOUR (Friday) - 9 MINUTE MISSION



Hot Buns – Superset Shapers

Starting with Superset #1 preform the set number of repetitions if Exercise A, immediately followed by the set number of repetitions for Exercise B. Repeat both exercises back-to-back two times, before moving on to the next Superset. Rest as needed. Note how long it took you to complete this workout. Try and decrease your time in Week 6.

Super Set #1:

Exercise A) Dumbbell Squats – 10 Reps

Exercise B) Dumbbell Alt. Lunges – 5 Reps Per Leg

Super Set #2:

Exercise A) Dumbbell Reverse Lunge & Press – 5 Reps Per Leg

Exercise B) Dumbbell Stiff-Leg Deadlifts – 10 Reps

Super Set #3:

Exercise A) Dumbbell Alternating Side Lunges– 5 Reps Per Leg

Exercise B) Dumbbell Bridge Thrusts – 10 Reps

Hot FOR THE Holidays

Week 4

DAY FIVE (Saturday) - 9 MINUTE MISSION



Total Body Toner – Rapid Rounds

Perform the set number of repetitions of Exercise #1, immediately followed by the set number of repetitions for Exercise #2 and so on until you have completed all five exercises in the Circuit. Do as many rounds of this Circuit as you can in 9 Minutes.

Go All Out!! Take breaks when needed and note how many rounds you completed. Try and bet your number of rounds in week 6.

CIRCUIT:

Exercise #1: Cracker Jacks – 10 Reps

Exercise #2: Push-ups – 10 Reps

Exercise #3: Step-ups with Knee Up – 5 Reps Per Leg

Exercise #4: Explosive Jumps – 10 Reps

Exercise #5: – Plank Hip Drops – 5 Reps Per Side

Hot FOR THE Holidays

Week 4

DAY SIX (Sunday) - 9 MINUTE MISSION



Holiday Hottie Total Body Sweat – Tabata Toners

Perform Exercise #1 for 20sec, rest for 10sec and repeat 4 times before moving on to Exercise #2. Repeat until you have completed all four exercises.

Exercise #1) Dumbbell Sumo Squats w/ Upright Rows

Exercise #2) Plank Jacks

Exercise #3) Speed Skaters

Exercise #4) Plank Knee-to-Elbow