

# SIMPLY SHREDDED 2010

Just when you thought it was safe to settle back on the sofa!

By now your New Year's Resolutions are a distant thought and that is fine. Resolutions are useless – ACTION is what counts. Step one....put down your cheesy poofs and get off the sofa!

## Workout #1

	Exercise	Feb 2	WO #1	WO #2	WO #3	WO #4	WO #5	WO #6
A1	Squat & Hold	5						
	5 (5+5s hold)	5						
		5						
A2	BG or DB Biceps Curl	8/15						
	8	7/15						
		8/10						
A3	Core Plank	6 x 10s						
	6x 5-10s	5 x 10s						
		6 x 5s						
B1	BG Push Up	8/red						
	8	8/red						
		8/red						
B2	BG or DB Row	12/20						
	12	11/20						
		10/20						
B3	Elevated Glute Bridge	10						
	10	10						
		10						

## Workout #2 – complete 4 cycles

	Exercise	Feb 3	WO #1	WO #2	WO #3	WO #4	WO #5	WO #6
A	Cardio Sprint 30s	√						
B	SB Plank 30s	√						
C	Cardio Sprint 30s	√						
D	Superman & Hold 30s	√						
E	Cardio Sprint 30s	√						
F	Side Plank from knee w abduction 30s	√						