Workout Setup and Equipment

Week 3 Lower-Body Circuit

Upper-Body Circuit with Dumbbells and Cans

Core and Advanced Modifications

Workout Wrap-Up and Equipment Tips

okay we are on week three workout okay okay we are on week three workout okay so um i have a step but you can use a so um i have a step but you can use a table coffee table table coffee table um a chair anything like this for this um a chair anything like this for this entire workout okay entire workout okay so what we're gonna do is you can i can so what we're gonna do is you can i can use it sometimes i use a coffee table use it sometimes i use a coffee table when i'm before i got this but we're when i'm before i got this but we're just gonna start same thing as before just gonna start same thing as before we're gonna do three rounds twelve reps we're gonna do three rounds twelve reps on everything okay so the same idea on everything okay so the same idea hopefully you're feeling pretty good hopefully you're feeling pretty good your energy's level is pretty good you your energy's level is pretty good you can hold two dumbbells for this exercise can hold two dumbbells for this exercise it's totally okay but if you feel like it's totally okay but if you feel like you're pausing on the drive theme so you're pausing on the drive theme so you're coming up and you're like kind of you're coming up and you're like kind of like this and you guys tap your foot like this and you guys tap your foot here then don't don't use a dumbbell here then don't don't use a dumbbell okay so just stand here we're going to okay so just stand here we're going to drive your leg all the way up with a drive your leg all the way up with a knee raise to 90 and then come down okay knee raise to 90 and then come down okay and then back up and then come down keep and then back up and then come down keep that foot on there the entire time do 12 that foot on there the entire time do 12 on one leg and then switch the other on one leg and then switch the other side so just come all the way up drive side so just come all the way up drive through and then down okay that will be through and then down okay that will be your first exercise the second exercise your first exercise the second exercise will be will be similar but you're just gonna um or just similar but you're just gonna um or just use the same thing so you're just gonna use the same thing so you're just gonna put your foot up on the put your foot up on the block behind you so exercise number two block behind you so exercise number two okay so just drop down and up okay so okay so just drop down and up okay so when you're doing this make sure that when you're doing this make sure that front knee does not come over that other front knee does not come over that other toe so stay nice and tall toe so stay nice and tall drop down drop down and up okay and then the last exercise and up okay and then the last exercise that you will do that you will do is you're just gonna face is you're just gonna face the the the whatever you're using as your block and whatever you're using as your block and you're going to give me a row so this is you're going to give me a row so this is what it looks like from the front back what it looks like from the front back super flat and just pull through super flat and just pull through and down so from the side and down so from the side before looking at it before looking at it just here just here back flat pull through and down okay and back flat pull through and down okay and 12 on all of those so that is going to 12 on all of those so that is going to be your first round so you can go ahead be your first round so you can go ahead and pause it right now and then finish and pause it right now and then finish that up and redo it that up and redo it sorry not to redo it sorry not to redo it finish it up finish it up and and and do do those exercises those exercises the next thing you will do is this is the next thing you will do is this is perfect if you have perfect if you have um soup cans anything like that so you um soup cans anything like that so you can do this we're actually going to do can do this we're actually going to do this one seated because it's going to this one seated because it's going to take a little bit of the pour out and take a little bit of the pour out and make it a little more challenging so make it a little more challenging so you're just going to sit just like this you're just going to sit just like this and you're going to raise your arms up and you're going to raise your arms up and down okay hold them up and down so and down okay hold them up and down so if you're holding a can hold it up and if you're holding a can hold it up and down down down okay don't hold it this way okay i want okay don't hold it this way okay i want hands up and down so we're just gonna do hands up and down so we're just gonna do a lat raise just like up like this and a lat raise just like up like this and down and you can totally use your sleep down and you can totally use your sleep hands for that and don't go above your hands

for that and don't go above your shoulders and come down okay shoulders and come down okay um the next thing we're going to do is um the next thing we're going to do is you can just stand up you're going to you can just stand up you're going to hold the two dumbbells you're going to hold the two dumbbells you're going to pull up to your chin pull up to your chin and down and again remember keep your and down and again remember keep your knees soft on these so this is just kind knees soft on these so this is just kind of an upright row so we're just going to of an upright row so we're just going to come up come up and then down and then down and then the last exercise you can take and then the last exercise you can take your soup can or whatever it is you're your soup can or whatever it is you're using stay nice and tall and just do a using stay nice and tall and just do a tricep press okay just like that start tricep press okay just like that start here here here and press okay and you're going to do 12 and press okay and you're going to do 12 of those so that'll be your next set so of those so that'll be your next set so the next set you'll do your lat raises the next set you'll do your lat raises your upright rows and then your triceps your upright rows and then your triceps over your head okay over your head okay for the last circuit and then this is for the last circuit and then this is going where you can pause it go through going where you can pause it go through all those exercises and take it as the all those exercises and take it as the pace that you need to go okay and then pace that you need to go okay and then you're going to come back start the you're going to come back start the video again and we're going to do some video again and we're going to do some core so here we're just going to sit core so here we're just going to sit like this like this legs will come in and then out legs will come in and then out in and then out okay pretty simple so in and then out okay pretty simple so just here just here here here here here here and if you need to modify an here here and if you need to modify an echo so far out because it hurts your echo so far out because it hurts your back or something like that totally fine back or something like that totally fine you can completely do that not an issue you can completely do that not an issue the next thing you're going to do so the next thing you're going to do so you're going to put your feet up on the you're going to put your feet up on the table or whatever it is that you're table or whatever it is that you're going to use going to use you're going to come down just like this you're going to come down just like this okay neutral spine and bring your leg okay neutral spine and bring your leg out to the side out to the side leg out to the side leg out to the side leg out to the side leg out to the side leg out to the side leg out to the side and again if any of this stuff hurts and again if any of this stuff hurts your backs you need modifications jump your backs you need modifications jump on into that facebook group and i'll on into that facebook group and i'll give you my alternative exercise for give you my alternative exercise for core because we are getting a little core because we are getting a little more progressing on each workout so more progressing on each workout so they're all going to get a little bit they're all going to get a little bit harder each time so they're going to harder each time so they're going to challenge the core and challenge your challenge the core and challenge your body a little bit more because you're a body a little bit more because you're a little bit further through the detox so little bit further through the detox so you should have a little bit more energy you should have a little bit more energy and feel pretty really good actually and and feel pretty really good actually and like you're ready to go and get these like you're ready to go and get these workouts going and the endorphins go and workouts going and the endorphins go and get things moving so we're really trying get things moving so we're really trying to get that blood flow the next exercise to get that blood flow the next exercise on this one is just going to be a on this one is just going to be a shoulder tap so just tap your shoulder shoulder tap so just tap your shoulder tap your shoulder tap your shoulder tap tap your shoulder tap your shoulder tap your shoulder again these are a little your shoulder again these are a little more advanced so if you need a more advanced so if you need a modification just let me know all right modification just let me know all right so that's your third exercise of that so that's your third exercise of that set and you'll do 12 on each side and set and you'll do 12 on each side and then on the kick outs you're just going then on the kick outs you're just going to do 12. so you've got the leg kick to do 12. so you've got the leg kick outs for 12 and then you're going to do outs for 12 and then you're going to do leg to the side leg to the side for 12 leg to the side leg to the side for 12 and then you're going to do your and then you're going to do your shoulder taps for 12 on each side okay shoulder taps for 12 on each side okay and that is your workout for number and that is your workout for number week number three so um a little more week number three so um a little more challenging but you guys can definitely challenging but you guys can definitely do it you should have great energy you do it you should have great energy you should be feeling good again if you need should be feeling good again if you need modifications have any questions just go modifications have any questions just go ahead and get in the facebook group all ahead and get in the facebook group all you need for this one is the coffee you need for this one is the coffee table or some sort of table table or some sort of table um a stool a chair um a stool a chair anything like that will work if you have anything like that will work if you have a step up in a home gym great um you a step up in a home gym great um you have your soup cans maybe a jug for the have your soup cans maybe a jug for the rose rose rose i typically go a little heavier on the i typically go a little heavier on the rows

you want really light weights for rows you want really light weights for the lat raises so um and even if you the lat raises so um and even if you have to use no weights totally fine if have to use no weights totally fine if you want to add weights to the step-ups you want to add weights to the step-ups with your legs you can do that too all with your legs you can do that too all right so hopefully you're feeling good right so hopefully you're feeling good and i will and i will see you next week for workout number see you next week for workout number four