

21 Day Little Black Dress At-Home/ In Gym Training Program

Week 1 - Weekly Training Schedule

Monday – Day 1

Melt Your Muffin Top

Tuesday – Day 2

Melt & Trim Cardio Drill I PLUS Tight & Toned Tummy

Wednesday

Slim & Sexy Arms

Thursday – Day 3

OFF

Friday – Day 4

Swimsuit Slim Down Challenge

Saturday

Melt & Trim Cardio Drill II PLUS Tight & Toned Tummy

Sunday

OFF

21 Day Little Black Dress At-Home/ In Gym Training Program

Melt Your Muffin Top

Warm-up:

5min Skipping

Notes:

This workout is broken down into five, 4min giant sets. Perform 12reps of each exercise in the giant set; repeat for as many rounds as you can in 4min. Then move on to the next giant set.

To improve recovery time it is CRITICAL that you finish the workout with a 10min Yoga Flow.

Giant Set I:

- 1) Low Jacks w/ Touch Down - <http://www.youtube.com/watch?v=NI6VNgm55Zw>
- 2) Cracker Jacks - <http://www.youtube.com/watch?v=sKt-2cwkjwg> 3) Jack Squats - <http://www.youtube.com/watch?v=tKljabIkLbY>

Giant Set II:

- 1) Stability Ball Crunch - <https://vimeo.com/52742325>
- 2) Stability Ball Torso Twist - <http://www.youtube.com/watch?v=WGx2rGSFFRI> 3) Stability Ball Plank Roll Outs - <https://vimeo.com/52742326>

Giant Set III:

- 1) Mountain Climbers - <http://www.youtube.com/watch?v=3KB7I9vakic>
- 2) Ski Jumps - <http://www.youtube.com/watch?v=OcD8IILzcBI>
- 3) Jogging Butt Kicks - <http://www.youtube.com/watch?v=sfyQ8B7-Ru4>

Giant Set IV:

- 1) Reverse Crunch - <http://www.youtube.com/watch?v=hyv14e2QDq0>
- 2) Explosive Jumps - <http://www.youtube.com/watch?v=wmpz7JQ5EJ8> 3) Russian Twists - <https://vimeo.com/52744904>

Giant Set V:

- 1) Bicycle Crunches
- 2) Cross Body Crunch w/ Punch - <http://www.youtube.com/watch?v=dwZgLHz0buc>
- 3) Plank Twists - <http://www.youtube.com/watch?v=agOUzGXyHxI>

Cool Down & Stretch:

10min Yoga Flow - <https://vimeo.com/57306411>

21 Day Little Black Dress At-Home/ In Gym Training Program

Slim & Sexy Arms

Notes:

This workout is broken down into five, 4min giant sets. Perform 12reps of each exercise in the giant set; repeat for as many rounds as you can in 4min. Then move on to the next giant set. To improve recovery time it is CRITICAL that you finish the workout with a 10min Yoga Flow.

Giant Set I:

- 1) Body Weight Triceps Dips - http://www.youtube.com/watch?v=K3blrwBc3_s
- 2) Standing DB Bicep Curls (2-arms at a time) - <http://www.youtube.com/watch?v=av7-8igSXTs>
- 3) DB Hammer Curl w/ Tricep Kickback - <http://www.youtube.com/watch?v=gImdfWXua8>

Giant Set II:

- 1) Push-ups - <https://vimeo.com/52946535>
- 2) DB Bent Over Rows - <http://www.youtube.com/watch?v=wKTSuK-hkT8>
- 3) Stability Ball Hyper Extensions - http://www.youtube.com/watch?v=9r_dG0BU3Ls

Giant Set III:

- 1) DB Heart Press - http://www.youtube.com/watch?v=iWdB2EVa_vk
- 2) Plate Truck Drivers - <http://www.youtube.com/watch?v=Vg2teM1pZhU>
- 3) Bench / S.B. DB T Raises - <http://www.youtube.com/watch?v=te2SzvEny1A>

Giant Set IV:

- 1) DB Reverse Curls - http://www.youtube.com/watch?v=RO2_DkqsjVQ
- 2) Bench Narrow Push-ups - <https://vimeo.com/52946538>
- 3) DB Cross Body Hammers - <http://www.youtube.com/watch?v=padluOJbyoQ>

Giant Set V:

- 1) Stability Ball DB Chest Flyes - <http://www.youtube.com/watch?v=ety5EJJDF70>
- 2) DB Renegade Rows - <http://www.youtube.com/watch?v=2L0wbV3KE5w>
- 3) Seated Band Rows - <http://www.youtube.com/watch?v=XqsAiAVA51Q>

Cool Down & Stretch:

10min Yoga Flow - <https://vimeo.com/57306411>

21 Day Little Black Dress At-Home/ In Gym Training Program

Total Body Toner

Notes:

This workout is broken down into five, 4min giant sets. Perform 12reps of each exercise in the giant set; repeat for as many rounds as you can in 4min. Then move on to the next giant set.

To improve recovery time it is CRITICAL that you finish the workout with a 10min Yoga Flow.

Giant Set I:

- 1) DB Goblet Squats - <http://www.youtube.com/watch?v=0rb0yT4zII4>
- 2) DB Alternate Lunges - <http://www.youtube.com/watch?v=kP679EF3Zck>
- 3) S. B. Hamstring Curls - <http://www.youtube.com/watch?v=ySa3TMSmFpM>

Giant Set II:

- 1) Walking Push-ups - <http://www.youtube.com/watch?v=nBmq-0zSyO4>
- 2) DB Bent Over Reverse Flyes - http://www.youtube.com/watch?v=4S_2jRufkvA
- 3) DB Upright Rows - <http://www.youtube.com/watch?v=IhZLB48kluc>

Giant Set III:

- 1) Punching Dumbbells - <http://www.youtube.com/watch?v=WHdwYNT9aFE>
- 2) DB Side Laterals - http://www.youtube.com/watch?v=mIV_pg_HquU
- 3) Spiderwoman Push-ups - <http://www.youtube.com/watch?v=QpZgIC7x8us>

Giant Set IV:

- 1) DB Swings - <http://www.youtube.com/watch?v=-b2ZLyCw9RI>
- 2) DB Stiff-Leg Deadlifts - <http://www.youtube.com/watch?v=vdAK0tk3XB8>
- 3) DB Curtsy Lunge w/ Squat - <http://www.youtube.com/watch?v=Y3Czv6ZPJnE>

Giant Set V:

- 1) DB Kneel-To-Stand - <http://www.youtube.com/watch?v=r2MyCduYmtI>
- 2) Plank Push-ups - <http://www.youtube.com/watch?v=8v1aJBA3rM4>
- 3) Wood Chops - <http://www.youtube.com/watch?v=tH8ZeVgupYY>

Cool Down & Stretch:

10min Yoga Flow - <https://vimeo.com/57306411>

21 Day Little Black Dress At-Home/ In Gym Training Program

Tight & Toned Tummy

Pick **TWO** exercises from the following to hit your rectus abdominis:

Hanging Leg Raises - http://www.youtube.com/watch?v=hdng3Nm1x_E

Bench Leg Raises - <http://www.youtube.com/watch?v=t3zN94ZJW9Q>

Reverse Crunch - <http://www.youtube.com/watch?v=hyv14e2QDq0>

Leg Raises on a Decline Bench - <http://www.youtube.com/watch?v=H9-M74ZB5rw>

Stability Ball Exchange

:<http://www.youtube.com/watch?v=4ZcST2EdHio&list=UUnRcHqkiRpw38CiuJDq5d9g&index=61>

V Sit Leg Raises:

<http://www.youtube.com/watch?v=Bx9eyTq24MY&list=UUnRcHqkiRpw38CiuJDq5d9g&index=58>

Butter Fly Crunch - http://www.youtube.com/watch?v=Te714_88Vg4

Decline Bench Sit-Ups - <https://vimeo.com/52722553>

DB Toe Touch Crunch - <https://vimeo.com/52744908>

DB Crunch Overs / Frog Crunches / Elevated Frog Crunch:

<http://www.youtube.com/watch?v=F6y1TDK3RNc>

Pick **ONE** exercise from the following to strengthen your transverse abdominis:

Regular Plank Hold - <https://vimeo.com/52742329>

Side Plank Hold - <https://vimeo.com/52743026>

Stability Ball Plank Roll Outs - <https://vimeo.com/52742326>

Pick **ONE** exercise from the following to strengthen your internal and external obliques:

Side Plank with Hip Raises (with or without a DB):

http://www.youtube.com/watch?v=5VJbmNbAL_w Side Plank with Oblique Twist -
<http://www.youtube.com/watch?v=hSoWKDfdZwU>

Plank Twists - <http://www.youtube.com/watch?v=agOUzGXyHxI>

Bent Knees Reverse Crunch w/ DB Oblique Twist:

<http://www.youtube.com/watch?v=xuHGK1ERptU>

21 Day Little Black Dress At-Home/ In Gym Training Program

Melt & Trim Cardio Drill I

(45min Workout)

Warm-up: 3mins at a comfortable pace.

Sprint – Jog/Sprint as fast as you can for 1min.

Recovery – Decrease the speed back to a comfortable jog pace for 2/3/4mins depending on your fitness level.

Hill – Increase the incline to a height you can still keep a comfortable running pace at for 3mins.

Recovery – Decrease the incline to 2.0 and jog at a comfortable pace for 2/3/4mins depending on your fitness level.

Repeat until you have completed a 45min workout!

The more fit you become the shorter the rest periods, the faster the sprints and the steeper the inclines. YOU make it as hard or as easy as you can handle.

21 Day Little Black Dress At-Home/ In Gym Training Program

Melt & Trim Cardio Drill II

(45min Workout)

Warm-up: 3mins at a comfortable pace.

Increase the speed to a level of 6-7 for you on a scale of 1-10. For me that speed on a treadmill is around 6.5 at an incline of 1.0 for 5mins.

After 5mins increase the Incline by 2.0, so now you are at an Incline of 3, keep the same speed.

After 5mins increase the Incline by 2.0, so now you are at an Incline of 5, keep the same speed.

After 5mins increase the Incline by 2.0, so now you are at an Incline of 7, decrease your speed by 0.5.

Maintain a steady jog. If you need to adjust the speed in accordance to the incline do it.

YOUR goal is to keep climbing that hill until you reach your workout time of 45min.

Continue adding 2.0 to the incline and adjusting the speed until you reach your treadmills max incline

21 Day Little Black Dress At-Home/ In Gym Training Program

Week 2 - Weekly Training Schedule

Monday – Day 1

Long, Lean Luscious Legs

Tuesday – Day 2

Melt & Trim Cardio Drill I PLUS Tight & Toned Tummy

Wednesday

Show Off Arms

Thursday – Day 3

Melt & Trim Cardio Drill II PLUS Tight & Toned Tummy

Friday – Day 4

Flat Belly Burnout

Saturday

Head-To-Toe Toner

Sunday

OFF

21 Day Little Black Dress At-Home/ In Gym Training Program

Overview

This workout is design based on the **Tabata Training Method**.

Tabata is a form of high intensity interval training. It is a method that is much more beneficial than regular moderate intensity training (jogging, biking, skipping, etc.) and much more fun.

Each Tabata Training Circuit last 4 minutes and consist of 8 intervals in total; 20 seconds of work, 10sec of rest. During the 20 seconds of work, we want you to train with maximum intensity. Make sure you use a weight that you can successfully complete all 8 intervals using maximum effort.

This style of training is EXTREMELY effective; however it is also VERY taxing to the body. You will definitely feel the soreness in your muscles the next day.

Adequate recovery is critical!

Make sure you eat within 30min-1hr before you workout and within one hour after. Also make sure to incorporate a sufficient warm up and finish each workout with a relaxing cool down and stretch.

Let's Dig In! ☺

21 Day Little Black Dress At-Home/ In Gym Training Program

Long Lean Luscious Legs

3min Warm-up:

Jogging on the Spot - <http://www.youtube.com/watch?v=rtYpokHHY1I>

Jumping Jacks - <http://www.youtube.com/watch?v=c4DAnQ6DtF8>

Pendulum Swings - <http://www.youtube.com/watch?v=cqEoWVsKteU>

Speed Skaters - <http://www.youtube.com/watch?v=E5OgkeTBfNc>

Cracker Jacks - <http://www.youtube.com/watch?v=sKt-2cwkjwg>

Movement #1:

- 1) KB / DB Swings - <http://www.youtube.com/watch?v=-b2ZLyCw9RI> (20sec work w/ 10sec rest, repeat 8 times for a total of 4min)

Movement #2:

- 1) Alternating Pulse Lunges - <http://www.youtube.com/watch?v=M5lpqfMXPQQ> (20sec work w/ 10sec rest, repeat 8 times for a total of 4min)

Movement #3:

- 1) Plank Glute Kickbacks - <http://www.youtube.com/watch?v=ELJ-14EdAHM> (20sec work w/ 10sec rest, repeat 8 times for a total of 4min)

Movement #4:

- 1) Side Lunge w/ Jump - <http://www.youtube.com/watch?v=1rLfBiqT3ms> (20sec work w/ 10sec rest, repeat 8 times for a total of 4min)

Movement #5:

- 1) Squat Jacks - <http://www.youtube.com/watch?v=LK3jSsdQ7M4> (20sec work w/ 10sec rest, repeat 8 times for a total of 4min)

Movement #6:

- 1) Glute Bridge Kicks - <http://www.youtube.com/watch?v=QmXoW4eoHPI> (20sec work w/ 10sec rest, repeat 8 times for a total of 4min)

Cool Down & Stretch:

10min Yoga Flow - <https://vimeo.com/57306411>

21 Day Little Black Dress At-Home/ In Gym Training Program

Show Off Arms

3min Warm-up:

Jogging on the Spot - <http://www.youtube.com/watch?v=rtYpokHHY1I>

Jumping Jacks - <http://www.youtube.com/watch?v=c4DAnQ6DtF8>

Pendulum Swings - <http://www.youtube.com/watch?v=cqEoWVsKteU>

Speed Skaters - <http://www.youtube.com/watch?v=E5OgkeTBfNc>

Cracker Jacks - <http://www.youtube.com/watch?v=SxB7ugltwjA>

Movement #1:

1. Standing DB Bicep Curls - <http://www.youtube.com/watch?v=av7-8igSXTs>
(20sec work w/ 10sec rest, repeat 4 times for a total of 2min)

Movement #2:

2. DB Tricep Extensions - <http://www.youtube.com/watch?v=-Vyt2QdsR7E> (20sec work w/ 10sec rest, repeat 4 times for a total of 2min)

Movement #3:

3. Bent Over DB Reverse Fly - http://www.youtube.com/watch?v=4S_2jRufkvA
(20sec work w/ 10sec rest, repeat 4 times for a total of 2min)

Movement #4:

4. Push-ups - <http://www.youtube.com/watch?v=3tahkn1nrZE>
(20sec work w/ 10sec rest, repeat 4 times for a total of 2min)

Movement #5:

5. DB Renegade Rows - <http://www.youtube.com/watch?v=2L0wbV3KE5w> (20sec work w/ 10sec rest, repeat 4 times for a total of 2min)

Movement #6:

6. DB See Saw Press - http://www.youtube.com/watch?v=cQUHwYAm_pw (20sec work w/ 10sec rest, repeat 4 times for a total of 2min)

***** Repeat All 6 Movements again. Total Workout Time: 24min *****

Cool Down & Stretch:

10min Yoga Flow - <https://vimeo.com/57306411>

21 Day Little Black Dress At-Home/ In Gym Training Program

Flat Belly Burn Out

3min Warm-up:

Jogging on the Spot - <http://www.youtube.com/watch?v=rtYpokHHY1I>

Jumping Jacks - <http://www.youtube.com/watch?v=c4DAnQ6DtF8>

Pendulum Swings - <http://www.youtube.com/watch?v=cqEoWVsKteU>

Speed Skaters - <http://www.youtube.com/watch?v=E5OgkeTBfNc> Cracker

Jacks - <http://www.youtube.com/watch?v=SxB7ugltwjA>

Movement #1:

1) Side Plank w/ Hips Raises -

<http://www.youtube.com/watch?v=bTppaJM3W18> (50sec work w/ 10 sec rest, per side. Total of 2minutes)

Movement #2:

2) Leg Raises w/ Leg Lift- <http://www.youtube.com/watch?v=VYwPqC2qpTE>
(50sec work w/ 10 sec rest, per side. Total of 1minute)

Movement #3:

3) Plank Twists - <http://www.youtube.com/watch?v=agOUzGXyHxI>
(50sec work w/ 10 sec rest, per side. Total of 1minute)

Movement #4:

4) Cross Body Crunch w/ Punch -
<http://www.youtube.com/watch?v=dwZgLHz0buc> (50sec work w/ 10 sec rest, per side. Total of 1minute)

Movement #5:

5) Switch Kicks - <http://www.youtube.com/watch?v=OcZeS1ljygg>
(50sec work w/ 10 sec rest, per side. Total of 1minute)

Movement #6:

6) Toe Touch Crunch - <http://www.youtube.com/watch?v=eazQpjRjy2U>
(50sec work w/ 10 sec rest, per side. Total of 1minute)

Movement #7:

7) Oblique Crunch - <http://www.youtube.com/watch?v=jQvs24rd3Wk>
(50sec work w/ 10 sec rest, per side. Total of 2minutes)

Movement #8:

8) Plank Hold - <http://www.youtube.com/watch?v=pSHjTRCQxIw>
(50sec work w/ 10 sec rest, per side. Total of 1minute)

3min Cardio Blast:

45sec Burpees - <http://www.youtube.com/watch?v=-Gvd-3wkO2o>

45sec Shootn' Hoops - <http://www.youtube.com/watch?v=xALiw1KN2X8>

45sec Pike Butt Kicks - <http://www.youtube.com/watch?v=5LOJal9B18M>

45sec Explosive Jumps - <http://www.youtube.com/watch?v=wmpz7JQ5EJ8>

***** Go Back and repeat ALL 8 core movements again. Total Workout Time: 23min**

Cool Down & Stretch:

10min Yoga Flow - <https://vimeo.com/57306411>

21 Day Little Black Dress At-Home/ In Gym Training Program

Head-To-Toe Toner Workout

Warm-up:

5min Skipping

Note: This workout is broken down into four Super Sets. Complete exercise 1) followed by exercise 2 in each super set, back-to-back for the prescribed number of reps and sets before moving on to the next Super Set. Remember to increase the weight selection for each set. Finish with cool down and stretch.

Super Set I:

1) Barbell / DB Overhead Walking Lunges.....10/10

<http://www.youtube.com/watch?v=7LOY1BgPEpE>

2) Bosu Ball / DB Burpee w/ Push-ups.....10/8

<http://www.youtube.com/watch?v=7wew8mKEqAk>

Super Set II:

1) Step-Down DB Over Head Press.....12/10

http://www.youtube.com/watch?v=lybzGuKtViM&playnext=1&list=PLAFB5598CEB18CAA1&feature=results_main

2) Stability Ball 1-Leg Squats.....10/8 per leg

<https://vimeo.com/52746026>

Super Set III:

1) DB Deadlift w/ Upright Row.....10/10

<http://www.youtube.com/watch?v=XY2MraUkbsI>

2) DB Cleans w/ Pike Walk Out8/8

<http://www.youtube.com/watch?v=wjki3BI7gb8>

Super Set IV:

1) T-Push-ups.....8/6

<http://www.youtube.com/watch?v=xz3rN5xiPbM>

2) DB Hammer Curl w/ Tricep Kickback.....10/10

<http://www.youtube.com/watch?v=b6m3xrtad2k>

21 Day Little Black Dress At-Home/ In Gym Training Program

Week 3 - Weekly Training Schedule

Monday – Day 1

Lower Body Shaper

Tuesday – Day 2

Melt & Trim Cardio Drill III PLUS Tight & Toned Tummy

Wednesday

Upper Body Shaper

Thursday – Day 3

Pick Your Favorite Melt & Trim Cardio Drill and add an additional 15min to the workout PLUS Tight & Toned Tummy

Friday – Day 4

Sweaty to The Core

Saturday

Head-To-Toe Toner B PLUS 20min of 20:10 Treadmill Sprints:
<http://www.youtube.com/watch?v=cAEJQudldSE>

Sunday

OFF

21 Day Little Black Dress At-Home/ In Gym Training Program

Lower Body Shaper

3min Warm-up:

Clap Jacks - <http://www.youtube.com/watch?v=jS5OGRgUnck>

Walking High Knee Pull – <http://www.youtube.com/watch?v=YJpv8fbALcw>

Iron Cross Squats - <http://www.youtube.com/watch?v=-ydCmJKcB4E>

Standing Torso Twist – <http://www.youtube.com/watch?v=I5YbtdqK6g0>

Travelling Boxer Shuffle – <http://www.youtube.com/watch?v=lWmaiJgf-us>

Speed Skaters - <http://www.youtube.com/watch?v=E5OgkeTBfNc>

Tabata Circuit #1:

1) DB Iron Cross Squats - <http://www.youtube.com/watch?v=-ydCmJKcB4E>

2) DB Y Squats – <http://www.youtube.com/watch?v=fhak8tcfHVo>

3) DB Y Hold - <http://www.youtube.com/watch?v=STHQGTfyYng>

(Perform each exercise for 20sec work w/ 10sec rest; repeat all 3 exercises three times for a total of 4.5mins. Hold a 3-5lb dumbbell in each hand for all three exercises)

Tabata Circuit #2:

1) Lateral Hops - <http://www.youtube.com/watch?v=bqbZqxqs8tY>

2) DB Bulgarian Squats – <http://www.youtube.com/watch?v=xQFjx91lqNc>

3) Alternating Pulse Lunges -

<http://www.youtube.com/watch?v=M51pqfMXPQQ> (Perform each exercise for 20sec work w/ 10sec rest; repeat all 3 exercises three times for a total of 4.5mins)

Tabata Circuit #3:

1) Squat Jacks - <http://www.youtube.com/watch?v=LK3jSsdQ7M4>

2) DB Stiff-Leg Dead Lifts - <http://www.youtube.com/watch?v=vdAK0tk3XB8>

3) Side Lunge w/ Jump - <http://www.youtube.com/watch?v=1rLfBiq3ms>

(Perform each exercise for 20sec work w/ 10sec rest; repeat all 3 exercises three times for a total of 4.5mins)

Tabata Circuit #4:

1) Pike Jump w/ Vertical Jump - <http://www.youtube.com/watch?v=oRz1GRd62SM>

2) DB Side Lunges - <http://www.youtube.com/watch?v=8bBIWFQzcVo>

3) Air Squats – <http://www.youtube.com/watch?v=tXCw3TwEWno>

(Perform each exercise for 20sec work w/ 10sec rest; repeat all 3 exercises three times for a total of 4.5mins)

21 Day Little Black Dress At-Home/ In Gym Training Program

Upper Body Shaper

3min Warm-up:

Clap Jacks - <http://www.youtube.com/watch?v=jS5OGRgUnck>

Walking High Knee Pull – <http://www.youtube.com/watch?v=YJpv8fbALcw>

Iron Cross Squats - <http://www.youtube.com/watch?v=-ydCmJKcB4E>

Standing Torso Twist – <http://www.youtube.com/watch?v=I5YbtdqK6g0>

Travelling Boxer Shuffle – <http://www.youtube.com/watch?v=lWmaiJgf-us>

Speed Skaters - <http://www.youtube.com/watch?v=E5OgkeTBfNc>

Tabata Circuit #1:

- 1) Superwoman Push-ups – <http://www.youtube.com/watch?v=XJf5DsePYaI>
- 2) Skipping – (with or without shipping rope)
- 3) DB Side Laterals - http://www.youtube.com/watch?v=XNadM_t6j4Q

(Perform each exercise for 20sec work w/ 10sec rest; repeat all 3 exercises three times for a total of 4.5mins)

Tabata Circuit #2:

- 1) Walking Push-ups – <http://www.youtube.com/watch?v=nBmq-0zSyO4>
- 2) Punching Dumbbells – <http://www.youtube.com/watch?v=WHdwYNT9aFE>
- 3) DB Curl & Press - <http://www.youtube.com/watch?v=XhtqigHslew>

(Perform each exercise for 20sec work w/ 10sec rest; repeat all 3 exercises three times for a total of 4.5mins)

Tabata Circuit #3:

- 1) Plank Push-ups – <http://www.youtube.com/watch?v=H-f19-bLXUY>
- 2) Burpees w/ Push-ups – <http://www.youtube.com/watch?v=1cpGvohTCBA>
- 3) DB Reverse - <http://www.youtube.com/watch?v=CIGPx1bx0Hs>

(Perform each exercise for 20sec work w/ 10sec rest; repeat all 3 exercises three times for a total of 4.5mins)

Tabata Circuit #4:

- 1) DB T-Push-ups - <http://www.youtube.com/watch?v=xz3rN5xiPbM>
- 2) Knee Tucks – <http://www.youtube.com/watch?v=BDA3DERQKfk>
- 3) Superwoman Hold - <http://www.youtube.com/watch?v=L6kIdtPIHUs>

(Perform each exercise for 20sec work w/ 10sec rest; repeat all 3 exercises three times for a total of 4.5mins)

21 Day Little Black Dress At-Home/ In Gym Training Program

Sweaty To the Core

Warm-up: 5min Skipping

Cardio Core Circuit #1:

- 1) Squat Jump w/ Knee Tuck - http://www.youtube.com/watch?v=1PZ_HnTnAQs
- 2) Side Plank w/ Hips Raises - <http://www.youtube.com/watch?v=bTppaJM3W18>
(50sec work w/ 10 sec rest, repeated twice)

Cardio Core Circuit #2:

- 1) Climber Lunges - http://www.youtube.com/watch?v=l_xV5Ij_q4c
- 2) Leg Raises w/ Leg Lift- <http://www.youtube.com/watch?v=VYwPqC2qpTE>
(50sec work w/ 10 sec rest, repeated twice)

Cardio Core Circuit #3:

- 1) Shootin' Hoops - <http://www.youtube.com/watch?v=xALiw1KN2X8>
- 2) Oblique Crunch - <http://www.youtube.com/watch?v=jQvs24rd3Wk>
(50sec work w/ 10 sec rest, repeated twice)

Cardio Core Circuit #4:

- 1) Jumping Lunges - <http://www.youtube.com/watch?v=DvW9pSKdO14>
- 2) Cross Body Crunch w/ Punch - <http://www.youtube.com/watch?v=dwZgLHz0buc>
(50sec work w/ 10 sec rest, repeated twice)

Cardio Core Circuit #5:

- 1) Pike Jump w/ Vertical Jump - <http://www.youtube.com/watch?v=oRz1GRd62S>
- 2) Toe Touch Crunch - <http://www.youtube.com/watch?v=eazQpjRjy2U>
(50sec work w/ 10 sec rest, repeated twice)

Cardio Core Circuit #6:

- 1) 180 Degree Jump – <http://www.youtube.com/watch?v=GCA6RzuQ-H4>
- 2) Weighted Russian Twists - <http://www.youtube.com/watch?v=pDTHSnoGoEc>
(50sec work w/ 10 sec rest, repeated twice)

21 Day Little Black Dress At-Home/ In Gym Training Program

Head-To-Toe Toner Workout B

Warm-up:

5min Skipping

Note: This workout is broken down into four Super Sets. Complete exercise 1) followed by exercise 2 in each super set, back-to-back for the prescribed number of reps and sets before moving on to the next Super Set. Remember to increase the weight selection for each set. Finish with cool down and stretch.

Super Set I:

- 1) DB Squat Thrusters.....10/10
<http://www.youtube.com/watch?v=8bBIWFQzcVo>
- 2) DB Forward Back Lunges.....10/8
<http://www.youtube.com/watch?v=OVs62s74o5s>

Cardio Endurance Circuit:

- 1) 2min Jog/Sprint on Treadmill
- 2) 15 Dumbbell Swings - <http://www.youtube.com/watch?v=-b2ZLyCw9RI>
- 3) 60sec Wall Squat w/ DB Bicep Curl & Shoulder Press -
<http://www.youtube.com/watch?v=L2HKGZgMMbY>

Super Set II:

- 1) DB Walking Lunge w/ Twist.....12/10
<http://www.youtube.com/watch?v=0FjV1u4FQ-M>
- 2) Stability Ball Hamstring Curls10/8 per leg
<http://www.youtube.com/watch?v=ySa3TMSmFpM>

Cardio Endurance Circuit:

- 1) 2min Jog/Sprint on Treadmill
- 2) 15 Dumbbell Swings - <http://www.youtube.com/watch?v=-b2ZLyCw9RI>
- 3) 60sec Wall Squat w/ DB Bicep Curl & Shoulder Press -
<http://www.youtube.com/watch?v=L2HKGZgMMbY>

Super Set III:

- 1) Pike Shoulder Press.....12/12
<http://www.youtube.com/watch?v=2E2QK9gQ-Tg>
- 2) DB Bent Over Row.....10/10
<http://www.youtube.com/watch?v=Nh7wiuh2XJc>

21 Day Little Black Dress At-Home/ In Gym Training Program

Melt & Trim Cardio Drill III

(45min Workout)

Warm-up: 3mins at a comfortable pace.

Complete 15min of the Melt & Trim Cardio Drill II, BUT instead of increasing the incline by 2.0, increase it by 5.0.

After 15mins decrease the incline to 1.0 and run at a strong and steady pace for another 15min. Your speed should be a 6-7 on a scale of 1-10.

For the final 15min repeat the Melt & Trim Cardio Drill II, increasing the incline by 3.0.