



FIT BYTES

BODY SCULPT

Monday



Back, Shoulders & Triceps

10-15x Bent over row - 3 sets

7-10x Upright row - 3 sets

5-8x Reverse fly - 3 sets

8-12x Shoulder press - 3 sets

10-14x Shrugs - 3 sets

6-10x Tricep kickback - 2 sets

6-10x Standing tricep extension - 2
sets

**15-30s rest between exercises*

**1-2m rest between sets*



Tuesday



Legs

12-15x goblet squat - 4 sets

8-12x Romanian dead lift - 4 sets

10-14x weighted glute bridge - 4 sets

5-8x Bulgarian split squat (each leg)-

3 sets

1-3 pistol squat (each leg)- 3 sets (if
you can)

**15-30s rest between exercises*

**1-2m rest between sets*



Wednesday



Chest & Biceps

8-12x Chest fly - 4 sets

2-4x Pull-up - 3 sets

5-10x Push up - 3 sets

5-10x 45° Floor Press - 4 sets

5-10x Svend press - 3 sets

8-14x Bicep curl - 3 sets

**15-30s rest between exercises*

**1-2m rest between sets*



Thursday



Legs

- 10x Frog squat - 4 sets
- 12x Hip thrusts - 4 sets
- 10x Dead lift - 4 sets
- 10/10x side kick + squat - 3 sets
- 10/10x donkey kick - 3 sets
- 15x Weighted Calf rise - 3 sets

**15-30s rest between exercises*

**1-2m rest between sets*



Friday



Warmup (x3-4)

10x Mt. Climber + 1 Marine (3 cycles)

20x Bicycle Crunch + 5x Sit up (3 cycles)

20x Jumping jack

Main (x3-5 in cycles, 20s rest between ex.)

10x Push up

8/8 side plank rotations

20x reverse crunch

16x leg raise

20x flutter kicks

20x in & outs

20x sit-throughs

30s plank



Saturday



Legs

8x8/ Side lunge - 3 sets

7/7x 1-leg Dead lift - 4 sets

10x Weighted Squat - 4 sets

7/7x Bulgarian split squat - 3 sets

10/10x Rainbows - 3 sets

**15-30s rest between exercises*

**1-2m rest between sets*

