



Workout Schedule

FOR

BUSY MOMS

WEEK #1 & 3

WEEK #2 & 4

MONDAY:

EMOM FULL BODY CARDIO & ABS

MONDAY:

HIIT FULL BODY CARDIO & ABS

TUESDAY:

BILATERAL LEGS & GLUTES

TUESDAY:

UNILATERAL LEGS & GLUTES

WEDNESDAY:

MOBILITY & PELVIC FLOOR

WEDNESDAY:

MOBILITY & PELVIC FLOOR

THURSDAY:

LONG WALK

THURSDAY:

LONG WALK

FRIDAY:

BILATERAL UPPER BODY & ABS

FRIDAY:

UNILATERAL UPPER BODY & ABS

SATURDAY & SUNDAY:

REST DAYS

SATURDAY & SUNDAY:

REST DAYS

Full workouts on the next pages :)

WEEK #1 & 3

MONDAY:

EMOM FULL BODY CARDIO & ABS

Complete the set amount of reps for the exercise you are on and then rest until the end of that minute. Begin the next exercise at soon as the next minute begins.

- 10 Reps Curtsy Lunge L
- 10 Reps Curtsy Lunge R
- 10 Plank Up Downs
- 10 Push Ups (modified from knees if needed)
- 10 Burpees
- 10 Jump Squats
- Side Plank w/ 10 Rotations R
- Side Plank w/ 10 Rotations L
- 10 Mountain Climbers per Side (20 total)

TUESDAY:

BILATERAL LEGS & GLUTES

Circuit 1:

- Banded Glute Bridge x15
- Banded Sumo Squat w/ Calf Raise at Bottom x15

Circuit 2:

- Lateral Band Walk x10 steps each way (20 total)
- Wall Sit w/ Band Adduction x15

Circuit 3:

- Banded Deadlift x15
- Bear Crawl w/ Banded Adduction x15

Challenge Move:

- In N' Out Banded Squat x30

WEDNESDAY:

MOBILITY & PELVIC FLOOR

Pelvic Floor/ Ab Rehab:

- Heel slides x15 each heel
- March x30
- Double Toe Tap x15
- Dead Bugs x15 each side
- Bird Dog Crunches x15 each side

Mobility:

- Cat Cow Reach Through R & L
- 90/90 Hip Stretch R & L
- Butterfly Stretch
- World's Greatest Stretch R & L
- Neck Circles Both Directions

THURSDAY:

LONG WALK

FRIDAY:

BILATERAL UPPER BODY & ABS

Complete 3 sets of each exercise. 10 reps round 1, 8 reps round 2, and 6 reps round 3.

Bicep Circuit:

- Eccentric Hammer Curls (slow on the way down)
- Cross Body Curl

Chest Circuit:

- Dumbbell Fly
- Push ups (can modify to knees as needed)

Back Circuit:

- Dumbbell High Pull
- Bent over Dumbbell Row

Tricep Circuit:

- Skull Crushers Lying on the Ground
- Tricep Kickbacks

Ab Challenge:

- 20 secs on 10 secs rest for 8 rounds (4 min)
- Tabata Style Kick Throughs

WEEK #2 & 4

MONDAY:

HIIT FULL BODY CARDIO & ABS

To complete 1 full circuit do each exercise for 45 sec work and 15 sec rest. Complete 3 circuits with 1 min of rest in between each.

10 Reps Curtsy Lunge L

10 Reps Curtsy Lunge R

10 Plank Up Downs

10 Push Ups (modified from knees if needed)

10 Burpees

10 Jump Squats

Side Plank w/ 10 Rotations R

Side Plank w/ 10 Rotations L

10 Mountain Climbers per Side (20 total)

TUESDAY:

UNILATERAL LEGS & GLUTES

Complete each circuit 3 times before moving onto the next. Finish w/ 1 round of the glute challenge.

INCREASE DIFFICULTY BY HOLDING 10-15LB DUMBBELLS

Circuit 1:

Split Squat w/ Rear Foot Elevated x10 each side

Alternating Side Lunge x10 each side

Circuit 2:

Reverse Lunge w/ Glute Kickback x10 each side

Pistol Squat on a Chair x10 each side

Circuit 3:

Bulgarian Split Squat x10 each side

Single Leg RDL w/Dumbbell x10 each side

Glute Challenge:

**DO ALL EXERCISES ON R THEN ON L*

Donkey Kick x10

Clamshell x10

Leg Extension x10

Leg Curl X10

Leg Single Leg Glute Bridge x10

WEDNESDAY:

MOBILITY & PELVIC FLOOR

Pelvic Floor/Ab Rehab:

Glute Bridge Pillow Squeeze x20

Side Plank 45 second hold

Single Leg Lifts x15 each leg

Slow Mountain Climbers x30 total

Kegels w/ 3 second hold x15

Mobility:

Sitting Figure 4 Stretch

Frog Rocks

Happy Baby

Single Leg Seated Hamstring Stretch

Roll Out

THURSDAY:

LONG WALK

FRIDAY:

UNILATERAL UPPER BODY & ABS

Complete 3 sets of each exercise. Start by completing 10 reps for each of the 8 exercises on both the right and the left. Then go back and complete 8 reps of each exercise on both the right and the left. End by completing 6 reps of each exercise on both right and left. Do your best to choose a high weight and maintain it throughout all 3 sets of exercises.

Bicep Circuit:

Dumbbell External Rotation

Chest Circuit:

Quadruped Single Arm Dumbbell Fly

Back Circuit:

Side Plank w/ Dumbbell Rotation to Sky

Tricep Circuit:

Single Arm Above Head Tricep Extension

Ab Challenge:

Tabata Style High Plank Shoulder Taps (20 sec on, 10 sec rest for 4 min)

1 MONTH WORKOUT SCHEDULE FOR BUSY MOMS

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
EMOM FULL BODY CARDIO & ABS	BILATERAL LEGS & GLUTES	MOBILITY & PELVIC FLOOR	LONG WALK	BILATERAL UPPER BODY & ABS
HIIT FULL BODY CARDIO & ABS	UNIILATERAL LEGS & GLUTES	MOBILITY & PELVIC FLOOR	LONG WALK	UNILATERAL UPPER BODY & ABS
EMOM FULL BODY CARDIO & ABS	BILATERAL LEGS & GLUTES	MOBILITY & PELVIC FLOOR	LONG WALK	BILATERAL UPPER BODY & ABS
HIIT FULL BODY CARDIO & ABS	UNIILATERAL LEGS & GLUTES	MOBILITY & PELVIC FLOOR	LONG WALK	UNILATERAL UPPER BODY & ABS

**FULL WORKOUTS PRINTABLE FOR FREE AT
BEAUTIFULLYBUSYMOM.COM**