

## **Beginner Workouts - Cycle 2**

**The second cycle of the beginner workout will focus on the basics of strengthening your core.** In this workout, you will use kettlebells, free weights, and bodyweight exercises to increase your overall core stability and improve strength and flexibility. Journey into a renewed healthy lifestyle as you develop a new fitness routine, get back your body confidence, and have fun.

The workouts are programmed for Mondays, Wednesdays, and Fridays, but you can do them on any three non-consecutive days. You will need a kettlebell and/or dumbbell set, yoga mat, great music, and a smile to complete this programming. Enjoy your athletic journey.

### **Week 1 , Day 1**

Upward Dog to Downward Dog 2x  
Elbow Plank hold 20 secs  
Upward Dog to Downward Dog 2x  
R Side Elbow Plank 1 inch Lifts 10x

Upward Dog to Down ward Dog 2x  
Elbow Plank hold 20 secs  
Upward Dog to Down ward Dog 2x  
L Side Elbow Plank 1 inch Lifts 10x

Bow Pose 20 secs  
Bicycles with Straight Legs 10-15X  
Bow Pose 20 secs  
Bicycles with Straight Legs 10-15X

### **Stretch**

Upward Dog 30 secs  
Downward Dog 30 secs  
Forward Fold 30 secs

### **Week 1 , Day 2**

Suhalia Squat Arms in 2nd 1min  
Suhalia Squat Arms in 5th 1min  
Horse Stance R CW Torso Circles 4x  
Horse Stance R CW Torso Circles 4x  
Repeat 2x

Kettlebell Pull Over Sit Ups 10x  
Russian Twist 10x  
Repeat 2-3 Times

### **Stretch**

Downward Dog 30 secs

Crescent Lunge R Leg 30 secs

Triangle R Leg 30 secs

Downward Dog 30 secs

Crescent Lunge L Leg

Triangle L Leg 30 secs

### **Week 1, Day 3**

NY City Ballet Push Ups 10x

Elbow Plank Twist 10x

Extended Arm Plank Toe Taps 10x

Extended Arm 20 secs

Repeat 2x

### **Stretch**

Straddle Stretch 30 secs

Straddle Stretch R Side 30 secs

Straddle Stretch L Side 30 secs

Butterfly pose 30 secs

Dolphin Pose 30 secs

### **Week 2, Day 1**

Jiu Jitsu Sit Ups 15x

Pull Over Sit Ups 15x

Vertical Pelvic Lift 15x

Repeat 3x

Bicycles 50x

### **Stretch**

Downward Dog 30 secs

Crescent Lunge R Leg 30 secs

Side Angle Stretch R Leg 30 secs

Downward Dog 30 secs

Crescent Lunge L Leg

Side Angle Stretch L Leg 30 secs

### **Week 2, Day 2**

Bear Crawl 1min

Cat Cow 5x

L Leg & R Arm Extension (Cat Cow Pose) Hold 20 secs

L Leg & R Arm Extension (Cat Cow Pose) Knee to Elbow 5x

R Leg & L Arm Extension (Cat Cow Pose) Hold 20 secs

R Leg & L Arm Extension (Cat Cow Pose) Knee to Elbow 5x

Childs Pose 20 secs

Downward Dog 20  
Downward Dog flowing into Knees 1 Inch from Floor 20 secs  
Repeat 2-3x

Bridge 1 Inch Lifts 10-15x  
Bridge R Leg Vertical Lifts 10x  
Bridge 1 Inch Lifts 10-15x  
Bridge L Leg Vertical Lifts 10x

Vertical to Horizontal Leg Lifts 20X

### **Stretch**

Downward Dog 30 secs  
Camel Pose 30 secs  
Cat Cow 30 secs  
Snake R Leg 30secs  
Snake L Leg 30secs

### **Week 2, Day 3**

Boat Pose 10-15sec  
Boat Pose Twist 10x  
Boat Pose to Flat Back (Modify Hand on Floor) 10x

Extended Arm Plank - Alternating Hand to Shoulder Taps 10x  
Extended Arm Sid Plank R Arm 20secs  
Dolphin 30 secs  
Extended Arm Plank - Alternating Hand to Shoulder Taps 10x  
Extended Arm Sid Plank L Arm 20secs  
Dolphin 30 secs  
Repeat 2x

Downward Dog - R Leg Vertical 10secs  
Downward Dog - R Knee to Chest 10 secs  
Downward Dog - R Leg Vertical 10secs  
Wild Thing L Side (Flip Your Dog) 10secs

Downward Dog - L Leg Vertical 10secs  
Downward Dog - R Knee to Chest 10secs  
Downward Dog - L Leg Vertical 10secs  
Wild Thing R Side (Flip Your Dog) 10secs  
Repeat 2x

### **Stretch**

Cross Legged Twist R Side 30 secs  
Cross Legged Twist L Side 30 secs  
Shoe Lace R Arm 30 secs  
Shoe Lace L Arm 30 secs  
Downward Dog 30 secs  
Forward Fold 30 secs  
Tadasana 30 secs

### **Week 3, Day 1**

Butterfly Sit Ups 10-15x  
Glute Bridge 10x  
Repeat 2x

Extended Arm Plank R Leg Extension 20 secs  
Extended Arm Plank Hold 20 secs  
Extended Arm Plank L Leg Extension 20 secs  
Extended Arm Plank Hold 20 secs  
Repeat 2x

Kettle Swing Latter  
5,7,9,11  
11,9,7,5

Kettlebell Windmill R Side 3-7x  
Kettlebell Windmill L Side 3-7x  
Kettlebell Pull Over Sit Ups 10x

### **Stretch**

Forward Fold 30 sec  
Pyramid R leg Front 30 secs  
Runners Lunge R Leg 30secs  
Skandasana L Leg 30 secs  
Forward Fold 30 secs  
Pyramid L leg Front 30 secs  
Runners Lunge L Leg 30secs  
Skandasana L Leg 30 secs

### **Week 3, Day 2**

Horse Stance R Side Stretch 30 secs  
Horse Stance Alternating Sides - Flowing Arm Patter(R-L-R-L)  
Horse Stance L Side Stretch 30 secs  
Suhalia Squat Arms in 2nd 1min  
Suhalia Squat Arms in 5th 1min  
Repeat 2x

Twisting Windmill 10x  
Vertical to Horizontal Leg Lifts - Center 10X  
Vertical to Horizontal Leg Lifts R Side to L Side 10x  
Repeat 3x

Janda Sit Ups 20x

### **Stretch**

Upward Dog 30 secs  
Snake R Leg 30 secs  
Upward Dog 30 secs  
Snake L Leg 30 secs  
Legs Up The Wall 30 secs  
Tadasana 30secs

### **Week 3, Day 3**

Butterfly Sit Ups 10x  
Jiu Jitsu Sit Ups 10x  
Janda Sit Ups 10x  
Repeat 2x

Burpees 10-15x  
Sprinter 15x  
Extended Arm Plank Hold 20secs  
Extended Arm Plank - R Arm and L Leg Extension 20secs  
Extended Arm Plank - L Arm and R Leg Extension 20secs  
Repeat 2x

Downward Dog - R Leg Vertical 10secs  
Downward Dog - R Knee to Chest 10 secs  
Downward Dog - R Leg Vertical 10secs  
Wild Thing L Side (Flip Your Dog) 10secs

Downward Dog - L Leg Vertical 10secs  
Downward Dog - R Knee to Chest 10secs  
Downward Dog - L Leg Vertical 10secs  
Wild Thing R Side (Flip Your Dog) 10secs  
Repeat 2x

### **Stretch**

Floor Quad Stretch R Leg 30 secs  
Seated Forward Fold 30 secs  
Pigeon R Leg 30 secs

Floor Quad Stretch L Leg 30 secs  
Seated Forward Fold 30 secs  
Pigeon L Leg 30 secs  
Bound Angle Pose "Butterfly Stretch" 30 secs

#### **Week 4, Day 1**

Pike Sit Up 10x  
Flat Back Elbow to Knees 10x  
Flat Foot Sit Ups 10x  
Repeat 3x

Upward Dog to Downward Dog 4x  
Extended Side Arm Plank 20 secs  
Upward Dog to Downward Dog 4x  
Extended Side Arm Plank 20 secs  
Repeat 2x

Kettlebell Windmill R Side 3-7x  
Kettlebell Windmill L Side 3-7x

#### **Stretch**

Cobra 30 secs  
Upward Dog 30 secs  
Downward Dog 30 secs  
Forward Fold 30 secs  
Tadasana 30 secs  
Separate Leg Forward Fold 30 secs  
Tadasana 30 secs

#### **Week 4, Day 2**

Kettle Swing Latter  
2,4,6,8,10  
10,8,6,4,2  
Repeat 1-2 times

Kettlebell Pull Over Sit Ups 10x  
Kettlebell Knee Tucks 10x  
Repeat 2x

#### **Stretch**

Figure 4 On Back R leg 30 secs  
Twist on Back R Leg 30 secs  
Figure 4 On Back L leg 30 secs  
Twist on Back L Leg 30 secs

Knees to Chest 30 secs  
Happy Baby 30 secs  
Shavasana 30 secs

### **Week 4, Day 3**

Air Squats 25x  
Suhalia Squat Arms in 2nd 1min  
Suhalia Squat Arms in 5th 1min  
Repeat 2x

Straddle Split Sit Ups 10x  
Happy Baby Vertical Lifts 10x  
Happy Baby Vertical Lifts - Alternating R to L 10x  
Repeat 3x

### **Stretch**

Straddle Stretch 30 secs  
Straddle Stretch R Leg 30 secs  
Straddle Stretch L Leg 30 secs  
Straddle Stretch Center 30 secs  
Butterfly 30 secs  
Forward Fold on Floor 30 secs  
Tadasana 30 secs

### **Week 5, Day 1**

Crescent Lunge R Leg - Arms Flowing Front Circle and Open Back V 10x  
Crescent Lunge R Leg - Vertical Twist 20 secs  
Crescent Lunge R Leg - Arms Flowing Front Circle and Open Back V 10x  
Crescent Lunge R Leg - Vertical Twist 20 secs  
Repeat 2x

Horse Stance R Side Stretch 30 secs  
Horse Stance Alternating Sides - Flowing Arm Patter(R-L-R-L)  
Horse Stance L Side Stretch 30 secs  
Repeat 2x

Triangle Pose L Side 30 secs  
1/2 Moon Pose L Side 30 secs  
Frog Squat 30 secs  
Triangle Pose R Side 30 secs  
1/2 Moon Pose R Side 30 secs  
Repeat 2x

### **Stretch**

Forward Fold 30 secs  
Frog Squat 30 secs  
Frog Squat R Arm Extension 30 secs  
Frog Squat L Arm Extension 30 sec  
Butterfly 30 secs  
Forward Fold on Floor 30 secs  
Tadasana 30 secs

### **Week 5, Day 2**

NY City Ballet Push Ups 10x  
Extended Arm Plank Toe Taps 10x  
Extended Arm Plank Shoulder Taps 10x  
Repeat 2x

Glute Bridge Feet Flat 15x  
Glute Bridge 2 Up 2 Down 15x  
Glute Bridge, R Leg Vertical, Turned Out 10x  
Glute Bridge Feet Flat 15x  
Glute Bridge 2Up 2 Down 15x  
Glute Bridge, L Leg Vertical, Turned Out 10x  
Repeat 2x

Sprinters 25x

### **Stretch**

Triangle Pose R Side 30 secs  
Extended Side Angle 30 secs  
Downward Dog 30 secs  
Triangle Pose R Side 30 secs  
Extended Side Angle 30 secs  
Downward Dog 30 secs  
Forward Fold 30 secs  
Tadasana 30 secs

### **Week 5, Day 3**

Bicycles 15x  
Bicycles with Streight Legs 15X  
Vertical to Horizontal Leg Lifts 15x  
Vertical to Horizontal Leg Alternating R & L 15x  
Repeat2x

Elbow Plank 20secs  
Elbow Plank Twist 10x  
Elbow Plank R Arm - 1 inch Lifts 10x



Elbow Plank L Arm - 1 inch Lifts 10x  
Repeat 2x

### **Stretch**

Childs Pose 30secs  
Camel 5-20secs  
Downward Dog 30 secs  
Dragon R Leg 30 secs  
Childs Pose 30secs  
Camel 5-20secs  
Downward Dog 30 secs  
Dragon L Leg 30 secs  
Forward Fold 30 secs  
Tadasana 30 secs

### **Week 6, Day 1**

Flat Foot Crunches 25x  
Hold 1 Inch Lifts 10x  
Feet Releve Crunches 25x  
Hold 1 Inch Lifts 10x  
Repeat 2x

Diamond Push Ups 10x  
Extended Arm Plank 20secs  
Extended Arm Plank - Shoulder Taps 10x  
Repeat 2x

Kettlebell Pull Over Sit Ups 10x  
Kettlebell Knee Tucks 10x  
Repeat 2x

### **Stretch**

Childs Pose 30secs  
Upward Dog 30 secs  
Downward Dog 30 secs  
Repeat 3x

Forward Fold 30 secs  
Tadasana 30 secs

### **Week 6, Day 2**

Burpees 25x  
Turkish Get Ups R Side 5x

Turkish Get Ups L Side 5x  
Repeat 2x

Sprinter 15xx  
V Sit Ups 10x  
Repeat 2x

### **Stretch**

Downward Dog 30 secs  
Crescent Lunge R Leg 30 secs  
Triangle R Leg 30 secs  
Runner Lunge R Leg 30secs  
Downward Dog 30 secs  
Crescent Lunge L Leg  
Triangle L Leg 30 secs  
Runner Lunge L Leg 30secs  
Forward Fold 30 secs  
Tadasana 30 secs

### **Week 6, Day 3**

Kettle Swing  
5x  
7x  
9x  
10x  
13x  
Repeat 3x 15secs between each set

Vertical to Horizontal Leg Lifts 15x  
Vertical to Horizontal Leg Alternating R & L Side 15x  
Kettlebell Pull Over Sit Ups 10x  
Repeat 2x

### **Stretch**

Separate Leg Forward Fold 30 secs  
Runners Lunge R Leg 30secs  
Skandasana L Leg 30 secs  
Separate Leg Forward Fold 30 secs  
Runners Lunge L Leg 30secs  
Skandasana R Leg 30 secs  
Forward Fold 30 secs  
Tadasana 30 secs