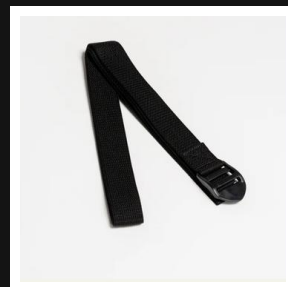
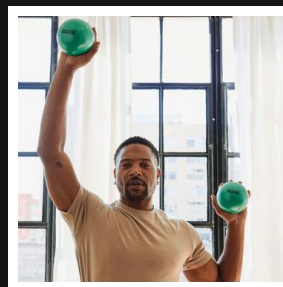
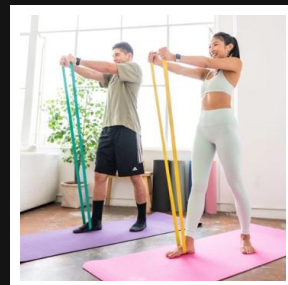
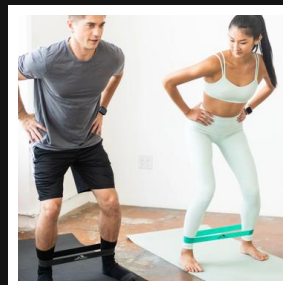


MONTH 4 · TOTAL BODY BURN

30 days. Timed circuits. Full-body finish.

Month 4 brings 20 all-new exercises and switches from reps to the clock: timed intervals that keep your heart rate up.



Resistance Loops ×4

● LIGHT ● MED ● HEAVY ● X-HEAVY

Elite Resistance Band — Light

25-50 LBS

Weight Balls ×2

5 LBS EACH

Yoga Strap

8 FEET

YOUR WEEKLY SCHEDULE · 15 MINUTES A DAY

Mon

Upper Body + Lower Body

Tue

Core + Back

Wed

Upper Body + Lower Body

Thu

Core + Back

Fri

Total body: 2 moves from each zone

LOOP

Resistance loop

ELITE BAND

25-50 lb band

WEIGHT BALL

5 lb ball

YOGA STRAP

8 ft strap

Before you begin: Use a sturdy, non-rolling chair and desk, a mat or carpet for floor moves, and keep a clear space around you. Stop if you feel sharp pain, dizziness, or numbness. If you are pregnant, recovering from injury, or have a health condition, check with your healthcare provider before starting a new exercise routine.

Upper Body Arms, chest & shoulders

Ball Speed Punches 3 × 30 s

WEIGHT BALL Ball in each hand • Standing

Stand with knees soft and a ball in each hand at your chin. Punch straight forward, alternating arms quickly while keeping your core tight.

Control the punch — never lock your elbows.

Ball Chest Squeeze 3 × hold 15 s

WEIGHT BALL Both balls pressed together • Standing or seated

Hold both balls together in front of your chest with your palms. Press them together as hard as you can and slowly push your arms forward, then draw back in, keeping the squeeze.

Feel your chest working the whole time.

Band Diagonal Shoulder Raise 3 × 10 each

ELITE BAND Stand on band • Standing

Stand on one end of the band and hold the other end by the opposite hip. Lift your arm up and across your body diagonally to above your shoulder, thumb up, then return slowly.

Like pulling a sword from its sheath.

Chair Triceps Dip 3 × 10

LOOP ● Green / ● Red • Loop around upper arms • Sturdy chair

Sit on the edge of a sturdy, non-rolling chair with hands next to your hips. Slide forward and bend your elbows to lower your hips, then press back up. Add the loop around your upper arms to keep elbows in line.

Keep your back close to the chair.

Back Posture & upper back

Band Shrug 3 × 15

ELITE BAND Stand on band • Standing

Stand on the middle of the band holding an end in each hand at your sides. Lift your shoulders straight up toward your ears, pause, and lower slowly.

Straight up and down — no rolling.

Ball Single-Leg Deadlift 3 × 8 each

WEIGHT BALL One ball • Standing

Hold a ball in one hand and stand on the opposite leg. Hinge forward, extending your free leg behind you, until your body is close to level. Return to standing.

Hold the desk for balance until steady.

Seated Band Back Extension 3 × 12

ELITE BAND Under feet, around upper back • Seated

Sit tall, loop the band under your feet and around your upper back, holding it at your chest. Round forward slightly, then lift your chest back up against the band.

Lift through your upper back, not your neck.

Ball Prone Cobra 3 × hold 10 s

WEIGHT BALL Ball in each hand • Face-down on a mat

Lie face-down with arms at your sides holding a ball in each hand. Lift your chest and arms slightly, rotate thumbs out, and squeeze your shoulder blades. Hold and lower.

Legs stay relaxed on the floor.

Core Stability & rotation

Ball Crunch

3 × 15

WEIGHT BALL One ball at chest · On a mat

Lie on your back with knees bent, holding one ball at your chest. Curl your head and shoulders up, reaching the ball toward your knees, then lower slowly.

Keep space between chin and chest.

Side Plank Hip Dip

3 × 10 each

WEIGHT BALL Ball in top hand · Side plank

Hold a side plank on your forearm (knees down to modify) with a ball in your top hand at your hip. Lower your hips a few inches, then lift them back up.

Stack shoulder directly over elbow.

Loop Seated Bicycle

3 × 20 total

LOOP ● Green · Around feet · Seated at chair edge

Sit at the front edge of a non-rolling chair, lean back slightly, and loop the band around both feet. Pedal your legs in and out against the band like riding a bike.

Hold the chair seat for support.

Loop Flutter Kick

3 × 20 total

LOOP ● Green · Around ankles · Lying on a mat

Lie on your back with hands under your hips and the loop around your ankles. Lift both legs slightly and kick them up and down in small, quick alternating movements.

Lower back stays pressed down.

Lower Body Legs, hips & glutes

Loop Fire Hydrant

3 × 12 each

LOOP ● Red · Above knees · Hands & knees

On hands and knees with the loop above your knees, lift one bent knee out to the side against the band, keeping the knee bent, then lower.

Keep your back flat like a tabletop.

Seated Ball Knee Squeeze

3 × 15

WEIGHT BALL One ball between knees · Seated

Sit tall and place one ball between your knees. Squeeze your knees together firmly for two seconds, then relax without dropping the ball.

Works inner thighs during any meeting.

Band Seated Leg Press

3 × 15 each

ELITE BAND Around one foot · Seated

Sit tall and loop the band around the sole of one foot, holding the ends at your chest. Press your foot forward until the leg is straight, then bend back in slowly.

Control the return — don't let it snap back.

Loop Standing Leg Circle

3 × 8 each way

LOOP ● Green / ● Red · Around ankles · Hold desk

Hold your desk with the loop around both ankles. Lift one foot slightly and draw slow circles with that leg against the band, then reverse and switch legs.

Keep your standing knee soft and hips level.

Flexibility & Recovery Yoga strap holds

Strap Butterfly Stretch

Hold 45 s

YOGA STRAP Strap around feet · Seated on floor

Sit with the soles of your feet together and the strap looped around your feet. Hold the strap, sit tall, and gently hinge forward to open your hips.

Let your knees fall naturally.

Strap Inner-Thigh Stretch

Hold 30 s each

YOGA STRAP Strap around foot · Lying on a mat

Lie on your back with the strap around one foot and that leg pointed up. Holding the strap in the same-side hand, let the leg open slowly out to the side.

Keep the opposite hip grounded.

Strap Lying Leg Circles 8 circles each way

YOGA STRAP Strap around foot · Lying on a mat

Lie on your back with the strap around one foot and that leg pointed up. Slowly draw circles with your foot, keeping the leg long. Reverse direction, then switch legs.

Keep the opposite hip grounded.

Strap Happy Baby

Hold 30 s

YOGA STRAP Strap around both feet · Lying on a mat

Lie on your back and draw your knees toward your armpits, soles of the feet facing up. Loop the strap around both feet and gently pull down, rocking side to side.

Keep your tailbone on the floor.

Every 15-minute session

TIME	BLOCK	WHAT TO DO
0:00-2:00	Warm-up	March in place, arm circles, and gentle torso rotations.
2:00-12:00	Timed circuit	Today's 8 exercises using the week's work/rest timing. Rest 60 seconds between rounds.
12:00-15:00	Cool-down	Two or more Flexibility & Recovery stretches.

Your 30-day progression

WEEK	ROUNDS	LOOP LEVEL	FOCUS
1	2 rounds, 30 s on / 30 s off	● Green / ● Red	Steady pace; form first.
2	2 rounds, 40 s on / 20 s off	● Red	Keep moving the whole interval.
3	2 rounds, 45 s on / 15 s off	● Blue	Push the pace on the last 10 seconds.
4	3 rounds, 45 s on / 15 s off	● Blue → ● Black	Your strongest month yet.
Days 29-30	Celebrate	—	Redo Friday, then a full stretch day.

Choose the loop that lets you finish every rep with good form and makes the last reps feel challenging. Never sacrifice form for resistance.