

Lazy Girl

WORKOUT PLAN

Looking for a quick way to get maximum results?
 It's almost as easy as 1, 2, 3 with this month-long workout plan.
 A few key moves a day is all it takes.

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 Photography provided by D and M Studios.

ONE-MONTH LAZY GIRL WORKOUT

WEEK	MONDAYS Push Day 10 Reps x 3 Sets	TUESDAYS Conditioning + Core Day 10 Reps x 3 Sets	WEDNESDAYS Pull Day 10 Reps x 3 Sets	THURSDAYS Leg Day 10 Reps x 3 Sets	FRIDAYS Stretch + Core Day	SATURDAYS Family Day	SUNDAYS Off Day
1	1 } Lat Arm Raise 2 } Tricep Extension	1 } Burpees 2 } Mountain Climbers	1 } 1-Arm Rows 2 } Bicep Curls	1 } Walking Lunges 2 } Butt Busters	1 } Plank 2 } Supine Back Twist 3 } Tricep/Shoulder Towel Stretches	Walk	OFF
2	1 } Push-ups 2 } Tricep Extension	1 } Sumo Jumps 2 } Crunches	1 } Seated Rows 2 } Hammer Curls	1 } Squats 2 } Hamstring Curls	1 } Prone Elbow to Knee 2 } Clock Stretch	Bike Ride	OFF
3	1 } Chest Fly 2 } Tricep Extension	1 } Lateral Leap 2 } Alt T	1 } Upright Row 2 } Bicep Curls [tube]	1 } Sumo Squats 2 } Ham Press	1 } Windshield Wipers 2 } Supine Shoulder Bridge 3 } Seated Spine Twist	Hike	OFF
4	1 } Shoulder Press 2 } Tricep Extension	1 } DB Swings 2 } Bicycles	1 } Plank Rows 2 } Hammer Curls [tube]	1 } X-Back Lunges 2 } Tube Slides	1 } Low Boat 2 } Down Dog, Up Dog 3 } Cobra	Run	OFF

MONDAYS
{ PUSH DAY }**1 LAT ARM RAISE**

Stand with feet hip width apart and hands at hips. Raise arms parallel to floor, then return to starting position.

**2 TRICEP EXTENSION**

Stand with feet hip width apart. Grip dumbbell at each end and hold directly overhead. Bend elbows until forearms are parallel to floor while maintaining upper arm in a fixed position. Return to starting position.

TUESDAYS
{ CONDITIONING + CORE DAY }**1 BURPEES**

Start in a standing position, feet hip width apart. Crouch down and place hands on either side of feet, jump feet out into a plank, jump back in, then stand up. To increase intensity and add more target muscles (chest and arms), add a push up from the plank position.



TUESDAYS
{ CONDITIONING + CORE DAY }



2 MOUNTAIN CLIMBERS

Start in straight elbow plank, or push-up position. Keep spine in neutral with ears, shoulders and hips in alignment. Make sure elbows and wrists are lined up directly under shoulders. Bring left knee toward chest without letting toes touch the ground. Return to starting position, then bring right knee toward without letting toes touch the ground. Add speed and increase time to 30 seconds for greater challenge.

WEDNESDAYS
{ PULL DAY }



1 1-ARM ROWS

Stagger feet about 2' feet about apart with right foot forward and firmly grounded. Place right hand midway on right thigh and grasp dumbbell with left hand and hinge from the hips until torso is at a 45° angle. Hold dumbbells outside your left hip. Bend and lift the elbows up and squeeze the shoulder blade toward the spine bringing the dumbbell toward your waist. Then lower the weight back down to the starting position.



2 BICEP CURLS

Stand with feet hip width apart and dumbbells and palms at hips. Hinge (bend) elbow and rotate palms to face shoulders while keeping upper arm in a fixed position and maintaining a neutral wrist. Slowly reverse to starting position.

THURSDAYS
{ LEG DAY }**1 WALKING LUNGES**

Start with feet hip width apart for stability. Take a large step forward and bend both knees toward a 90° angle. Keeping the front heel firmly grounded, press up to a standing position and bring the back leg forward to starting position. For beginners, practice with hands on waist and keep lunge shallow—**DO NOT** take a smaller step. To add intensity, do not return to starting position—go directly into next lunge.

**2 BUTT BUSTERS**

Part I: Start on the floor on your hands and knees. Lower forearm and elbows to the floor making sure elbows are lined up directly under shoulders to prevent sway in low back. Starting with the right leg, lift knee to hip-height pointing toes to ceiling and return to floor. Keep speed of motion slow and controlled. Avoid arching low back by engaging abdominals through full range of motion. Perform 10 repetitions.



Part II: Return to hands and knees. Lift same leg hip-height to the side, at a 90 degree angle with your hip, and return to floor. Keep both elbows straight and maintain neutral spine by engaging abdominals through full range of motion. Perform 10 repetitions. Repeat parts I&II on opposite leg. Perform 10 repetitions.

FRIDAYS
{ STRETCH + CORE DAY }**1 PLANK**

Keep spine in neutral with ears, shoulders and hips in alignment. Make sure elbows are lined up directly under shoulders. Hold pose for 10-20 seconds. 3 sets.



FRIDAYS
{ STRETCH + CORE DAY }



2 SUPINE BACK TWIST

Lie flat on back. Bend one knee at a time placing feet flat on the floor. Cross left leg over right knee, fully extend left arm on floor perpendicular and place right hand on left knee. Slowly draw left knee toward the floor on right side of body while maintaining left shoulder on the floor. Hold for 30 seconds and gently return to starting position. Switch sides.

3 TRICEP/SHOULDER TOWEL STRETCHES

Place towel in right hand and drape behind back. Grasp towel with left hand and hold firmly. With the right hand, gently pull the towel upward to stretch the left shoulder. Hold for 30 seconds. Without releasing towel, gently pull the towel downward with the left hand to stretch the right tricep. Hold for 30 seconds. Switch sides.



SATURDAYS
{ FAMILY DAY }

● WALK

SUNDAYS
{ OFF DAY }

● OFF DAY

MONDAYS
{ PUSH DAY }



1 PUSH-UPS

Place hands on step or on the floor shoulder distance apart. Slowly bend elbows lowering the chest towards the floor. Extend elbows, pushing the chest away from the floor until you are back in starting position. Keep shoulders down and back, with neck and spine in a neutral position. Keep the elbows slightly bent at the top of the movement. To decrease intensity perform push up with hands elevated on a bench, table or wall.



2 TRICEP EXTENSION [TUBE]

Stand on left handle with left foot and step on center of tube with right foot. Place right handle in right hand overhead. Bend right arm behind head at 90° angle and then extend to starting position.

TUESDAYS
{ CONDITIONING + CORE DAY }



1 SUMO JUMPS

Start in a wide stance with toes slightly turned outward. Bend knees and shift hips backward in order to squat as deeply as possible. Reach for the ground without bending at the hips, jump straight up with arms overhead, and land jump in a full "sumo" squat.

TUESDAYS
{ CONDITIONING + CORE DAY }



2 CRUNCHES

Support your head with your hands (avoid pulling on neck). Curl upper body off the floor, head, shoulders and ribcage. Slowly return to starting position.

WEDNESDAYS
{ PULL DAY }



1 SEATED ROWS

Start on the floor. Place center of tube across shoe laces, wrap tube around outside and bottom of shoes and pull tube through feet. Pull tube handles toward waist. Slide shoulder blades together maintain forearms parallel to the floor. Slowly return to starting while maintaining neutral spine.



2 HAMMER CURLS

Start with feet shoulder width apart, holding dumbbells at hips with palms facing thighs. Bend elbows toward shoulders (do not touch) keeping wrists in a straight line with forearm and keeping palms inward. Slowly lower hands to starting position.

THURSDAYS
{ LEG DAY }

1 SQUATS

Start with feet hip width apart. Shoot hips back and downward, as if to sit on a chair. Keep chest lifted, knees over shoe laces and heels grounded. Slowly return to standing position.



2 HAMSTRING CURLS

Balance dumbbell on end. Lie face down on the floor with the dumbbell between your feet. Grasp the dumbbell with feet. Slowly lift dumbbell perpendicular to floor, or until your knees reach a 90° angle. Slowly return to starting position.



FRIDAYS
{ STRETCH + CORE DAY }

1 PRONE ELBOW TO KNEE

Start on the floor on hands and knees. Extend left hand forward and right leg back. While maintaining a neutral spine, lift limbs skyward, approaching parallel to the floor. Bend elbow and knee toward one another, pause, then slowly return to starting position. Perform 10 repetitions and switch sides.



FRIDAYS
{ STRETCH + CORE DAY }



2 CLOCK STRETCH

Lie face down on floor. Extend right arm out to 2 o'clock. Bend left knee until toe is pointing to ceiling and place left hand under shoulder in a push-up position. Use left hand to roll onto right side (keeping right arm extended) and bring left toe toward right hand. Hold stretch for 30 seconds. Slowly return to starting position and switch sides.

SATURDAYS
{ FAMILY DAY }

● BIKE RIDE

SUNDAYS
{ OFF DAY }

● OFF DAY

MONDAYS
{ PUSH DAY }



1 CHEST FLY

Lie on floor or bench with knees bent and feet flat on floor. Hold dumbbells directly over shoulders with palms facing inward. Keeping elbows extended, yet not locked, lower arms toward floor. Stop motion when unable to maintain elbow position, neutral spine, or when hands reach chest level (do not touch floor). Slowly return to starting position.



2 TRICEP EXTENSION

Stand with feet hip width apart. Grip dumbbell at each end and hold directly overhead. Bend elbows until forearms are parallel to floor while maintaining upper arm in a fixed position. Return to starting position.

TUESDAYS
{ CONDITIONING + CORE DAY }

1 LATERAL LEAP

Start balancing on left foot. Leap laterally to the right and land on right foot. Swing arms in direction of leap to assist in balance and power.



TUESDAYS
{ CONDITIONING + CORE DAY }

2 ALT T

Start in a straight arm plank position with hands and feet shoulder width apart. Extend right arm to ceiling while balancing on left arm and rotating the torso as one until; careful not to twist at waist. Return to plank and then rotate to other side without dropping down to knees.



WEDNESDAYS
{ PULL DAY }

1 UPRIGHT ROW

Stand on tube with 2 feet, shoulder width apart. Lift elbows upward and slide shoulders toward spine (careful to lead with ELBOWS not shoulders). Control tube speed on return to starting position (careful to maintain lifted chest throughout exercise). Use thicker tube to increase intensity.



2 BICEP CURLS [TUBE]

Place one foot on the center of tube with one handle in each hand. Bend elbows toward shoulders (do not touch) keeping wrists in a straight line with forearm. Slowly lower hands to starting position. Place two feet on tube to increase intensity.



THURSDAYS
{ LEG DAY }



1 SUMO SQUATS

Start with in a wide stance with toes slightly turned outward. Bend knees and shift hips backward with thighs approaching parallel to floor. Keep knees outward in the direction of the toes without extending beyond the toes. Slowly return to starting position.



2 HAM PRESS

Start on the floor on your hands and knees. Lower forearm and elbows to the floor making sure elbows are lined up directly under shoulders to prevent sway in low back. Starting with the right leg, lift knee to hip-height pointing toes to ceiling and return to floor. Keep speed of motion slow and controlled. Avoid arching low back by engaging abdominals through full range of motion.

FRIDAYS
{ STRETCH + CORE DAY }

1 WINDSHIELD WIPERS

Start on back with knees to chest. Keeping pelvis in a slight tilt (hip bones toward ribcage), rotate both knees toward right elbow, return to center, then rotate both knees to left side and return center. Perform 10 repetitions to each side for 3 sets.



FRIDAYS
{ STRETCH + CORE DAY }



2 SUPINE SHOULDER BRIDGE

Start on floor in back. Bend one knee at a time placing feet flat on the floor and place hands next to each hip. Lift hips skyward and hold for 30 seconds while keeping knees in the same direction as toes. Careful not to let knees fall outward. Slowly return to starting position.

3 SEATED SPINE TWIST

Start in a seated position on the floor with legs extended forward and spine erect in neutral. If hamstrings are too tight to maintain an upright spine, sit against a wall for back support. Cross left foot over right thigh while maintaining torso in a forward facing position. To increase intensity, tuck right foot under left hip. Hold stretch for 30 seconds. Slowly return to starting position and repeat on other side.



SATURDAYS
{ FAMILY DAY }

● HIKE

SUNDAYS
{ OFF DAY }

● OFF DAY

MONDAYS
{ PUSH DAY }



1 SHOULDER PRESS

Start with feet hip width apart, hold dumbbells at shoulder height with elbows turned out to sides and palms facing forward. Press arms overhead until arms are extended then return to starting position. Press the weight slightly forward while keeping the neck and wrists in neutral.



2 TRICEP EXTENSION

Start with right foot on center of tube and left foot staggered back a few inches. Hinge from the hips until torso is at a 45° angle. Hold tube handles outside your hips. Bend and lift the elbows up and squeeze the shoulder blade toward the spine bringing the handles toward your waist and elbows to a 90° angle. Press hands skyward, extending through elbows. Slowly return elbows to 90° angle.

TUESDAYS
{ CONDITIONING + CORE DAY }



1 DB SWINGS

Start in sumo squat stance holding dumbbell laterally between thighs. To begin the movement of the dumbbell, squat deeply pushing hips back until the dumbbell is well clear of groin. Stand up out of squat, thrust hips forward, and swing the dumbbell as high as possible. The momentum of the squat-thrust should carry the dumbbell skyward in order to limit the workload of the arms. Again, let the force of the swing control the speed of the downward action.

TUESDAYS
{ CONDITIONING + CORE DAY }



2 BICYCLES

Lie on the floor face up with hands behind head and both knees curled to chest. Keeping low back grounded to the floor, extend right leg forward while rotating right shoulder toward left knee, then switch sides.

WEDNESDAYS
{ PULL DAY }



1 PLANK ROWS

Stagger feet about 2' feet about apart with right foot forward and firmly grounded. Place right hand midway on right thigh and grasp dumbbell with left hand and hinge from the hips until torso is at a 45° angle. Hold dumbbells outside your left hip. Bend and lift the elbows up and squeeze the shoulder blade toward the spine bringing the dumbbell toward your waist. Then lower the weight back down to the starting position.

2 HAMMER CURLS [TUBE]

Place one foot on the center of tube with one handle in each hand with palms facing thighs. Bend elbows toward shoulders (do not touch) keeping wrists in a straight line with forearm and keeping palms inward. Slowly lower hands to starting position.



THURSDAYS
{ LEG DAY }

1 X-BACK LUNGES

Start with left foot on center of tube and one handle in each hand. Bring hands to shoulders with tubes stretching behind shoulders. Extend left foot to the side for balance. With right foot, lunge backwards while slightly crossing leg back into a deep “curtsey”-be sure to keep left heel grounded and right heel elevated. While maintaining an upright chest and neutral spine, press through left heel to return to starting position.



2 TUBE SLIDES

Stand on tube with two feet while holding one handle in each hand. Lace fingers together in front of hips to keep handles together throughout exercise. Take 10 steps to the right while pressing the outside of the right foot into the tube for resistance. Increase stride length to increase intensity. Repeat on left side.

FRIDAYS
{ STRETCH + CORE DAY }

1 LOW BOAT

Level 1: Start on the floor with hands by hips. Lift head off floor with slight chin tuck and press low back into floor.

Level 2: Repeat steps in level 1 and lift legs so shins are parallel to floor.

Level 3: Repeat steps in level 2 and reach toes forward until knees are extended.

Level 4: Repeat steps in level 3 and extend arms overhead. Hold each level for 30 seconds.

FRIDAYS
{ STRETCH + CORE DAY }



2 DOWN DOG, UP DOG

Start on the floor on hands and knees. Without adjusting feet or hands, press hips skyward while extending knees in order to achieve an inverted “V” position. Hold for 3 deep breaths.

3 COBRA

Lie face down on floor. Place hands directly beside chest with elbows pointing skyward. Slowly press ribcage off the floor and turn gaze toward the space in front of you.



SATURDAYS
{ FAMILY DAY }

● RUN

SUNDAYS
{ OFF DAY }

● OFF DAY