



SHW VIRTUAL TRAINING CLUB WICKED WEDNESDAY WORKOUT!

5 RULES FOR THIS WORKOUT:

- 1) If you start, you finish
- 2) Give 100%!
- 3) Do each exercise on the list for 1 minute with good form
- 4) Run through the list 3 times
- 5) Have FUN!!

MIRANDA TWEAK:

“Miranda Tweaks” are the little changes I suggest making in order to KICK IT UP A NOTCH to make the particular exercise more demanding.

Today’s Miranda Tweak is to **make it complete!** Use the attached score card to record your #'s for each exercise. Then re-test yourself again next week to see just how much you improve!

(**Look out for an email on Friday on how to get in the SHW Virtual Training Club and get fat blasting workouts like this (and much more) delivered to you automatically each week!)

HERE WE GO, LETS DO THIS...



**SHW VIRTUAL TRAINING CLUB
WICKED WEDNESDAY WORKOUT!**

I. RUNNING PUSHUPS

DO A PUSHUP, FOLLOWED BY 1 “MOUNTAIN CLIMBER” WITH EACH LEG. REPEAT.



II. JUMPING JACKS

TOUCH HANDS AT THE TOP. GO AS FAST AS YOU CAN! (ADD A SQUAT IN BETWEEN TO “KICK IT UP A NOTCH”!)



STRONG HEALTHY WOMAN

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III. PLANK UP DOWNS

START IN A HIGH PLANK WITH ABS TIGHT AND HANDS DIRECTLY UNDER YOUR SHOULDERS. LOWER YOURSELF DOWN INTO A PLANK ON ELBOWS. REPEAT. *DON'T ALLOW HIPS TO MOVE SIDE TO SIDE BY ENGAGING CORE THE ENTIRE TIME.



IV. MILITARY PRESS & SQUAT

WITH DUMBBELLS OR BAND AT SHOULDERS, LOWER INTO A SQUAT WITH ABS TIGHT. PRESS DUMBBELLS/BAND OVERHEAD AS YOU COME BACK UP TO STANDING. REPEAT.





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WICKED WEDNESDAY WORKOUT!

WEEK 1

(BE SURE TO WARM UP EFFECTIVELY PRIOR TO STARTING THIS WORKOUT. ADD IN ANY EXTRA RUNNING, BIKING OR CARDIOVASCULAR EXERCISE AS NECESSARY.)

Exercise	Reps in 1 minute Round 1	Reps in 1 minute Round 2	Reps in 1 minute Round 3
I. Running Pushups			
II. Jumping Jacks			
III. Plank Up Downs			
IV. Military Press & Squat			

WEEK 2

(BE SURE TO WARM UP EFFECTIVELY PRIOR TO STARTING THIS WORKOUT. ADD IN ANY EXTRA RUNNING, BIKING OR CARDIOVASCULAR EXERCISE AS NECESSARY.)

Exercise	Reps in 1 minute Round 1	Reps in 1 minute Round 2	Reps in 1 minute Round 3
I. Running Pushups			
II. Jumping Jacks			
III. Plank Up Downs			
IV. Military Press & Squat			