



**BODY LIKE YOURS**

*Why look at theirs when you have a Body Like Yours*

# 7 DAY B.L.Y. BURNOUT

**DAY 1**

- 10 Single Arm Rows
  - 5 Plank Ups
  - 10 Biceps Curls
  - 5 Plank Ups
  - 10 Upright Rows
  - 5 Plank Ups
  - 10 Hammer Curls
  - 5 Plank Ups
- Repeat 4x*

**DAY 2**

- 10 Squats
  - 5 Jump squats
  - 10 Lunges (each)
  - 5 Jump Squats
  - 10 Plie Squats
  - 5 Jump Squats
  - 20 Split squats
  - 5 Jump Squats
- Repeat 3x*

**DAY 3**

- 10 Shoulder Presses
  - 10 mountain climbers
  - 10 Side Lateral Raises
  - 10 Mountain Climbers
  - 10 Front Raises
  - 10 Mountain Climbers
  - 10 Rear Delt Raises
  - 10 Mountain Climbers
- Repeat 3x*

**DAY 4**

- 10 Stiff-leg Deadlifts
  - 5 Jump Lunges
  - 10 Step-Ups (each)
  - 5 Jump Lunges
  - 10 Walking Lunges
  - 5 Jump Lunges
  - 10 Rear Lunges (each)
  - 5 Jump Lunges
- Repeat 4x*

**DAY 5**

- 10 Triceps Dips
  - 5 Pushups
  - 10 Triceps Kickbacks
  - 5 Pushups
  - 10 Chest Flyes
  - 5 Pushups
  - 10 Triceps Extensions
  - 5 Pushups
- Repeat 3x*

**DAY 6**

- 15 Box Jumps
  - 20 Jumping jacks
  - 15 Bodyweight Squats
  - 20 jump squats
  - 15 Burpees
  - 20 Sit-ups
  - 15 Bicycles Crunches (each side)
- Repeat 3x*

**DAY 7**

Rest Day