



fitbride®

Workouts

FREE WORKOUTS | [FITBRIDE.COM](https://fitbride.com)

Sweating for the Wedding

Abs & cardio workout

Equipment



Overview

Get ready to sweat it out! This cardio workout will help you drop unwanted pounds and feel fabulous!

What You'll Improve

- Abs
- Cardio
- Endurance
- Obliques
- Core



Completed!

Check this box when you've completed your workout.



Circuit #1

Repeat 2x



20 EACH LEG

Butt Kickers

40 Reps



10 EACH LEG

Mountain Climbers

20 Reps



Plank

1 min



10 EACH SIDE

Russian Twists

20 Reps

Circuit #2

Repeat 2x



10 EACH SIDE

Ski Jumps

20 Reps



10 EACH SIDE

Bicycles

20 Reps



Crunches

20 Reps



20 EACH LEG

Flutter

40 Reps

Circuit #3

Repeat 2x



Jump In and Outs

30 Reps



LEFT SIDE

Side Plank

1-Min



RIGHT SIDE

Side Plank

1-Min



Leg Raises

20 Reps

BootySculpting

Glutes & cardio workout

Equipment



Overview

Get ready to work your glutes and burn some calories with this booty sculpting workout!

What You'll Improve

- Glutes
- Cardio
- Endurance



Completed!

Check this box when you've completed your workout.



Circuit #1

Repeat 2x



*Add push-ups to burn additional calories

Burpees

15 Reps



Donkey Kicks

15 Reps



Donkey Kicks

15 Reps



Hip Thrusters

30 Reps

Circuit #2

Repeat 2x



Jump In and Outs

30 Reps



Squats with Band

20 Reps



Glute Kickbacks with Band

15 Reps



Glute Kickbacks with Band

15 Reps

Circuit #3

Repeat 2x



Jumping Jacks

30 Reps



Lateral Kicks with Band

15 Reps



Lateral Kicks with Band

15 Reps



Plie Squats

20 Reps



Smokin' Hot Legs

Lower body workout

Equipment



Overview

This workout will target your legs, calves and booty!

Muscles Targeted

- Quads
- Hamstrings
- Calves
- Glutes



Completed!

Check this box when you've completed your workout.



Circuit #1

Repeat 2x



5-10 lbs

RIGHT LEG

Lunge with Dumbbell

15 Reps



Squat and Hold

1-Min



5-10 lbs

LEFT LEG

Lunge with Dumbbell

15 Reps



Jumping Jacks

40 Reps

Circuit #2

Repeat 2x



20 EACH LEG

High Knees

40 Reps



5-10 lbs

Squats with Dumbbell

20 Reps



LEFT LEG

Clamshells

20 Reps



RIGHT LEG

Clamshells

20 Reps

Circuit #3

Repeat 2x



20 EACH LEG

Butt Kickers

40 Reps



RIGHT LEG

Side Lunges

20 Reps



LEFT LEG

Side Lunges

20 Reps



5-10 lbs

Squat and Press

20 Reps

Abs & Assets

Abs & glutes workout

Equipment



Overview

This workout will have you doing 30 reps of every exercise for a maximum burn in your core and glutes.

What You'll Improve

- Abdominals
- Obliques
- Glutes
- Core



Completed!

Check this box when you've completed your workout.



Circuit #1

Repeat 2x



Hip Thrusters with Band 30 Reps



Lateral Kicks with Band 30 Reps



Lateral Kicks with Band 30 Reps



Russian Twists with DB 30 Reps



5-10 lbs

15 EACH SIDE

Circuit #2

Repeat 2x



Leg Raises 30 Reps



Bicycles 30 Reps



Donkey Kicks 30 Reps



Donkey Kicks 30 Reps

Circuit #3

Repeat 2x



Crunches 30 Reps



Spiderman Plank 30 Reps



Clamshells 30 Reps



Clamshells 30 Reps

Full Body Attack!

Full-body & cardio workout

Equipment



Overview

This intense workout will challenge your entire body and help you continue to build your cardio endurance.

What You'll Improve

- Abs/Core
- Quads/Hamstrings
- Triceps/Biceps
- Chest
- Shoulders
- Cardio
- Endurance



Completed!

Check this box when you've completed your workout.



Circuit #1

Repeat 2x



Dumbbell Swings

30 Reps



Air Jump Ropes

30 Reps



Kickbacks

20 Reps



Plank

1-Min

Circuit #2

Repeat 2x



Push-ups (traditional or modified) 15 Reps



Double Crunch with DB

15 Reps



Plie Squats

15 Reps



Hammer Curls

15 Reps



Circuit #3

Repeat 2x



Ski Jumps

20 Reps

10 EACH SIDE



L Raises

20 Reps



Squat and Press

20 Reps



Overhead Triceps Ext.

20 Reps

