

fitbride®

Workouts

FREE WORKOUTS | FITBRIDE.COM

Sweating for the Wedding

Abs & cardio workout

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Equipment



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Overview

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

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What You'll Improve

- · Abs
- · Cardio
- Endurance
- Obliques
- · Core

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Completed!

Check this box when you've completed your workout.



Circuit #1 Repeat 2x



Butt Kickers 40 Reps





Mountain Climbers

10 EACH LEG





Ski Jumps

20 Reps

Repeat 2X

Circuit#3



Jump In and Outs

30 Reps



Bicycles

20 Reps

10 EACH SIDE

20 EACH LEG



Side Plank 1-Min



Plank 1 min



Crunches 20 Reps



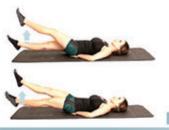
RICHT SIDE

Side Plank 1-Min



10 EACH SIDE

Russian Twists 20 Reps



Flutters 40 Reps



Leg Raises 20 Reps

Booty Sculpting

Glutes & cardio workout

Equipment

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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.







*Add push-ups to burn additional calories

15 Reps Burpees



Donkey Kicks

15 Reps



Donkey Kicks

15 Reps







Jump In and Outs

30 Reps



Circuit#3

Jumping Jacks

30 Reps



Squats with Band

20 Reps

LEFT LEG



Lateral Kicks with Band

LEFTLEG 15 Reps



Lateral Kicks with Band

RIGHT LEG 15 Reps



Glute Kickbacks with Band 15 Reps

RICHT LEG

Glute Kickbacks with Band 15 Reps



Plie Squats

20 Reps

Smokin' Hot Legs

Lower body workout

.

Equipment







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Overview

This workout will target your legs, calves and booty!

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Muscles Targeted

- · Quads
- Hamstrings
- Calves
- Glutes

.



Completed!

Check this box when you've completed your workout.







Lunge with Dumbbell

5-10 lbs

15 Reps



Circuit #2

Repeat 2x

High Knees

20 EACH LEG

40 Reps



Circuit#3

Butt Kickers

Side Lunges

20 EACH LEG

ckers 40 Reps



Squat and Hold

1-Min



Squats with Dumbbell

5-10 lbs 20 Reps

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RICHT LEG

20 Reps



5-10 lbs

Lunge with Dumbbell 15 Reps



Clamshells

Clamshells

LEFT LEG

20 Reps



Side Lunges 20 Reps

LEFT LEG





RIGHT LEC

20 Reps Sq

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Squat and Press

20 Reps

5-10 lbs

Jumping Jacks

40 Reps

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Abs & Assets

Abs & glutes workout

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Equipment









Overview

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

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What You'll Improve

- Abdominals
- Obliques
- Glutes
- · Core



Completed!

Check this box when you've completed your workout.









Hip Thrusters with Band 30 Reps



Lateral Kicks with Band

LEFT LEG 30 Reps



Lateral Kicks with Band

30 Reps



5-10 lbs 15 EACH SIDE

RIGHT LEG

Russian Twists with DB 30 Reps





Leg Raises

30 Reps



30 Reps

Crunches

30 Reps

Circuit#3



Bicycles



Donkey Kicks 30 Reps



RIGHT LEG

Donkey Kicks

30 Reps



Spiderman Plank

30 Reps



LEFT LEG

Clamshells 30 Reps





Clamshells

30 Reps

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RIGHT LEG

Full Body Attack!

Full-body & cardio workout

.

Equipment





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Overview

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

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What You'll Improve

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



Completed!

Check this box when you've completed your workout.







Dumbbell Swings

30 Reps



Air Jump Ropes

30 Reps



Kickbacks

20 Reps

1-Min



Plank

Circuit #2 Repeat 2x



Push-ups (traditional or modified) 15 Reps



Double Crunch with DB

15 Reps



Plie Squats 15 Reps



Hammer Curls

5-10 lbs 15 Reps

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Circuit#3



Ski Jumps

10 EACH SIDE

20 Reps



10 EACH SIDE



Squat and Press

20 Reps



Overhead Triceps Ext.

20 Reps