

MONDAY

glutes

breast
yoga

TUESDAY

abs
waist
breast
yoga

WEDNESDAY

upper

breast
yoga

THURSDAY

abs
waist
breast
yoga

FRIDAY

legs

breast
yoga

SATURDAY

abs
waist
breast
yoga

GLUTES #1



sumo squat



B stance RDLs



Bulgarian
Splits

GLUTES #2



donkey kick

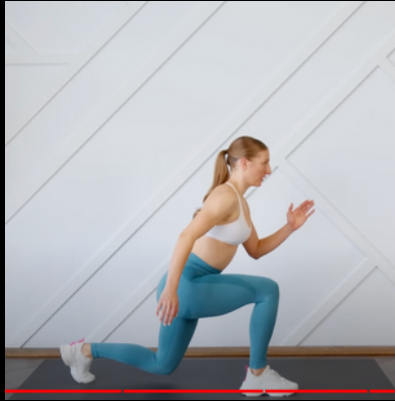


fire hydrant



double pulse
squat

GLUTES #3



reverse
lunges



jump
squats

GLUTES (GYM)



hyperextensions



hip thrust /
kas glute bridge



cable kickbacks

LEGS #1

<https://www.youtube.com/watch?v=1IQGtcv3eRY>



narrow squat
and curtsy lunge



reverse lunge
pulse w/ knee
drive



sumo squat
with rise

LEGS #2



fire hydrant
with extension



kickback



side lunges

LEGS #3



sumo pulse

REPEAT first 3 exercises



inner thigh
openers

LEGS #4



outer
thigh lifts



single leg
glute bridge

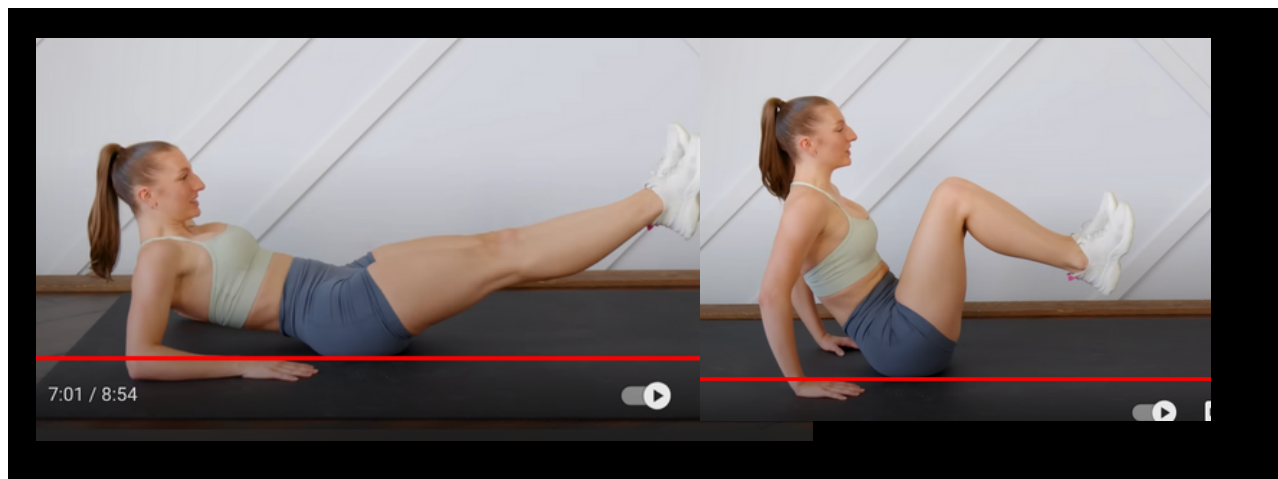


sumo pulse
(repeated)

DAILY ABS #1



DAILY ABS #2



SMALL WAIST

8 OF THE BEST OBLIQUE EXERCISES FOR A TRIM & TINY WAIST
SEE THE EXERCISE & WORKOUT INSTRUCTIONS ON CHRISTINACARLYLE.COM

SIDE DIPS



WOODCHOP



WINDMILLS

ChristinaCarlyle.com



THREAD THE NEEDLE PLANK



OVERHEAD PENDULUM



WINDSHIELD WIPERS



HIP DIPS

@christina_carlyle



HEEL TOUCHES



UPPER #1

BACK FLY



UPRIGHT ROW



SCARECROW EXTENSIONS



ROW



Mind Right. Body Tight®

CHICKEN WINGS



FRONT EXTENSIONS



GET MORE FREE WORKOUTS AT WWW.CHRISTINACARLYLE.COM

UPPER #2

Repeat each move for 10 reps with 3 sets.

SUPERMANS



SWIMMERS



BENT ROW



REVERSE FLY



FRONT RAISE

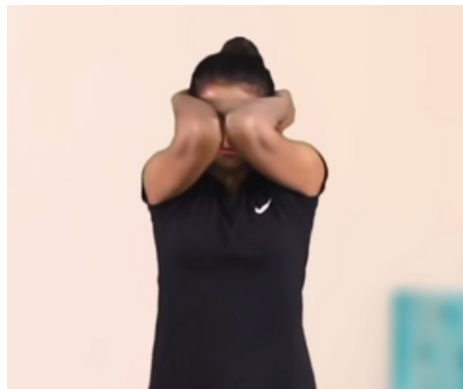


UPRIGHT ROW

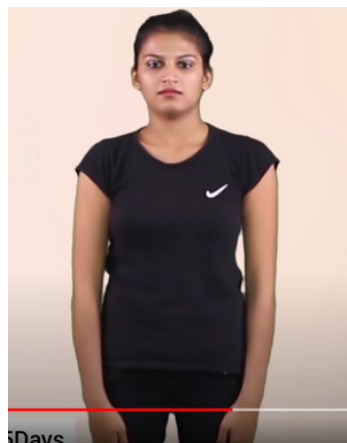
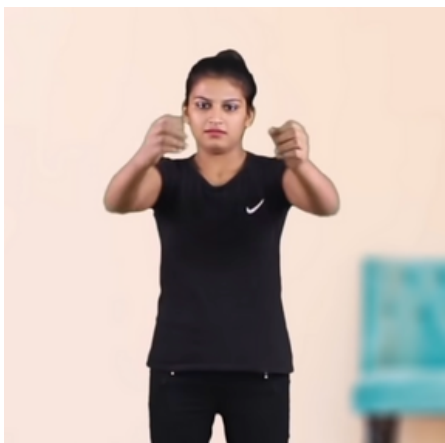
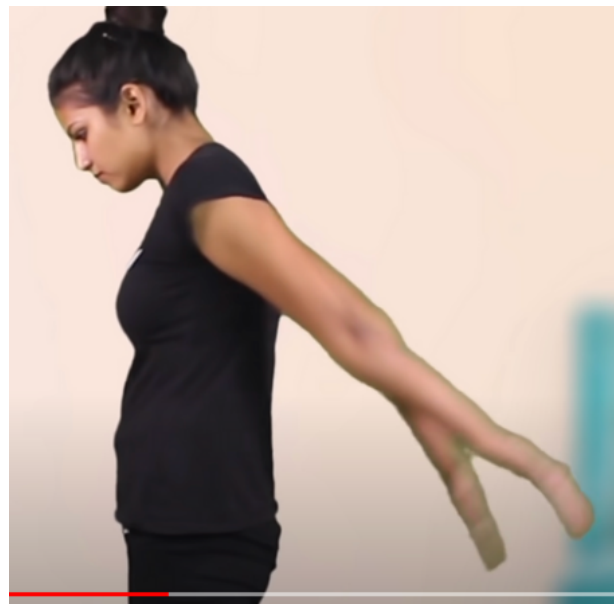
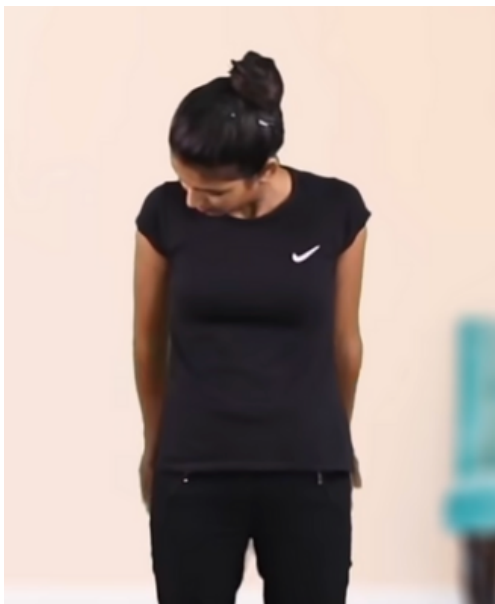


For full instructions visit diaryofafitmommy.com

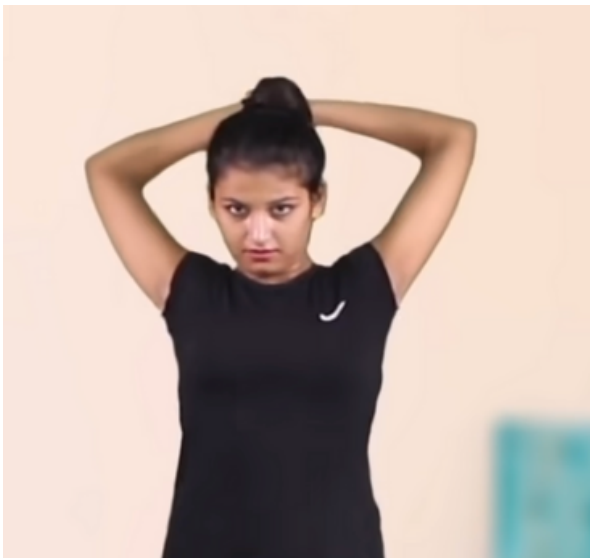
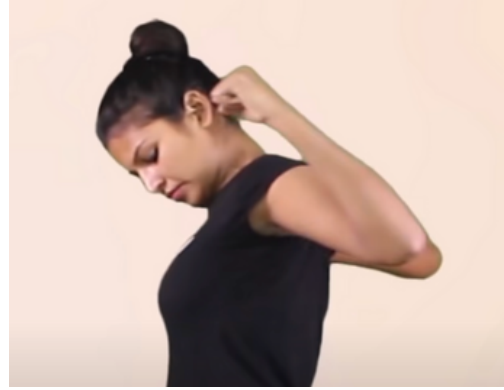
BREAST #1



BREAST #2



BREAST #3



YOGA

EASY STRETCHES FOR IMPROVING POSTURE



1. Shoulder Rolls



2. Chest Release



3. Pyramid



4. Standing Forward Bend



5. Seated Elbow Grasp



6. Shoulder Squeeze



7. Seated Side Bend



8. Spine Stretch

HYDROLYTE

YOGA TO IMPROVE POSTURE

Vajrasana Staff Pose Child Pose Ardho Mukha Savasana Cow Face Tree Pose Tadasana