

STRENGTH WORKOUT ROUTINE

Click on the workout scheduled for the day for a direct link to the video & get started!

Simple Mom Fitness

WEEK
1

01 Full Body Strength Bodyweight. 29 MIN

02 Weighted Leg Strength 33 MIN

03 Upper Body Resistance Band. 24 MIN

04 REST or Mobility or Cardio

05 Full Body Strength & Power 24 MIN

06 Upper Body Sweat & Sculpt 34 MIN

07 Core & Glute Resistance Band 30 MIN

WEEK
2

08 REST or Mobility or Cardio

09 Full Body Banded Functional Strength 25 MIN

10 Upper Body Dumbbell Sculpt 25 MIN

11 Lower Body Kettlebell Strength 35 MIN

12 Standing Dumbbell Core 10 MIN

13 Full Body. No Equipment Lean Muscle 33 MIN

14 Upper Body Dumbbell Sculpt 29 MIN

WEEK
3

15 Bodyweight Legs 10 MIN & 10 MIN Band Lower Body

16 REST or Mobility or Cardio

17 Full Body Weighted Strength 34 MIN

18 Upper Body Functional Band 28 MIN

19 Bodyweight Leg & Glute Strength 22 MIN

20 Kettlebell Strong Core 27 MIN

21 Full Body Functional Bodyweight 29 MIN

WEEK
4

22 Lower Body Kettlebell Sculpt 36 MIN

23 Total Body Dumbbell Basics 28 MIN

24 REST or Mobility or Cardio

25 Arms & Legs Dumbbell Strength 35 MIN

26 Upper Body Dumbbell Shred 28 MIN

27 10 MIN Oblique & 10 MIN Abs for Women

28 Full Body Dumbbell Power 29 MIN

Woman A Week

Roman Wölfel



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