

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
Sweet &
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

JL Elias



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