TOUGH LOVE: Upper

DIRECTIONS
Perform 3 sets of 15 reps for each exercise. Rest for 30-60 seconds between sets. For added challenge, add weights to exercises where appropriate and increase the weight between sets. Modify as needed.

DAY 1

Complete 3 sets of each exercise

Dips (chair dips) – 15 reps

Shoulder Press – 15 reps

Pushups – 15 reps
TOUGH LOVE: Lower

DAY 2

Complete 3 sets of each exercise

DIRECTIONS
Perform 3 sets of 15 reps for each exercise. Rest for 30-60 seconds between sets. For added challenge, add weights to exercises where appropriate and increase the weight between sets. Modify as needed.

Squats – 15 reps

Lunges – 15 reps (each side)

Glute Bridge Raise – 15 reps
TOUGH LOVE: Core

DAY 3

Complete 3 sets of each exercise

DIRECTIONS
Perform 3 sets of each exercise. Rest for 30-60 seconds between sets. For added challenge, add weights to exercises where appropriate and increase the weight between sets. Modify as needed.

Jackknives – 15 reps

Ankle Taps – 30 reps

Russian Twists – 20 reps (each side)
TOUGH LOVE: Upper

Dumbbell Row – 15 reps

Dumbbell Curls – 15 reps

Hammer Curls – 15 reps

DAY 4

Complete 3 sets of each exercise

DIRECTIONS
Perform 3 sets of 15 reps for each exercise. Rest for 30-60 seconds between sets. For added challenge, add weights to exercises where appropriate and increase the weight between sets. Modify as needed.
TOUGH LOVE: Cardio Circuit

DAY 5

Complete 3 rounds of each exercise

DIRECTIONS
Perform 3 rounds of each exercise. Rest for 60-90 seconds after each round. For added challenge add weight where appropriate and reduce rest. Modify as needed.

- High Knees – 30 reps
- Butt Kicks – 30 reps
- Burpees – 10 reps
- Mountain Climbers – 30 reps
- Thrusters (squat and press) – 15 reps
- Donkey Kicks – 15 reps (each side)
**TOUGH LOVE: Upper**

**DAY 6**

**Complete 3 sets of each exercise**

**DIRECTIONS**
Perform 3 sets of 15 reps for each exercise. Rest for 30-60 seconds between sets. For added challenge, add weights to exercises where appropriate and increase the weight between sets. Modify as needed.

**Chest Flys – 15 reps**

**Face palms in**

**Face palms up**

**Reverse Flys – 15 reps**

**Bent Over Row – 15 reps**
TOUGH LOVE: Lower

**DAY 7**

Complete 3 sets of each exercise

**DIRECTIONS**
Perform 3 sets of 15 reps for each exercise. Rest for 30-60 seconds between sets. For added challenge, add weights to exercises where appropriate and increase the weight between sets. Modify as needed.

**Lunges** – 15 reps (each side)

**Sumo Squats** – 15 reps

**Side Lunges** – 15 reps (each side)
**TOUGH LOVE: Core**

**DAY 8**

Complete 3 sets of each exercise

**DIRECTIONS**

Perform 3 sets of 15 reps for each exercise. Rest for 30-60 seconds between sets. For added challenge, add weights to exercises where appropriate and increase the weight between sets. Modify as needed.

- **Crunches** – 15 reps
- **Bicycles** – 15 reps
- **Bird Dogs** – 15 reps
TOUGH LOVE: Upper

Close Grip Pushups – 15 reps

Curl and Press – 15 reps

Triceps Kick Backs – 15 reps

DIRECTIONS
Perform 3 sets of 15 reps for each exercise. Rest for 30-60 seconds between sets. For added challenge, add weights to exercises where appropriate and increase the weight between sets. Modify as needed.

Complete 3 sets of each exercise

DAY 9
TOUGH LOVE: Cardio Circuit

DAY 10

Complete 3 rounds of each exercise

DIRECTIONS
Perform 3 rounds of each exercise. Rest for 60-90 seconds after each round. For added challenge add weight where appropriate and reduce rest. Modify as needed.

High Knees – 30 reps  Butt Kicks – 30 reps

Burpees – 10 reps  Mountain Climbers – 30 reps

Thrusters (squat and press) – 15 reps  Fire Hydrants – 15 reps (each side)