

MARCH TRAINING PLAN

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MONDAY

TREADMILL 5 MIN • CORE HIIT • 1 MIN BATTLE ROPE, 30 SEC RUSSIAN TWIST, 30 SEC WEIGHTED CRUNCHES, 30 SEC HEEL TAPS, 30 SEC LEG RAISES, 1 MIN PLANK

CHEST

BENCH PRESS, AROUND THE WORLDS, INCLINE DIAMOND PRESS, PUSH UPS
3 SETS OF 10

TUESDAY

TREADMILL 10 MIN • HIIT • 1 MIN BATTLE ROPE, 1 MIN HIGH KNEES, 1 MIN BUTT KICKS, 1 MIN HIGH KICKS, 1 MIN JUMP ROPE

LEGS

SAFETY BAR BACK SQUATS, LUNGES, CALF RAISES, JUMP SQUAT, HIP THRUSTERS
3 SETS OF 10

WEDNESDAY

TREADMILL 5 MIN • ROWER 5 MIN • HIIT 2X • KETTLEBELL SWINGS 30 SEC, BALL SLAMS 30 SEC, SQUAT HOLD 30 SEC

BACK

DEAD LIFTS, CHAINSAWS, GOOD MORNINGS, SUPERMANS, LANDMINE ROWS
3 SETS OF 10 • 30 SECONDS OF HANGING

THURSDAY

TREADMILL 5 MIN • CORE HIIT • 1 MIN BATTLE ROPE, 30 SEC RUSSIAN TWIST, 30 SEC WEIGHTED CRUNCHES, 30 SEC HEEL TAPS, 30 SEC LEG RAISES, 1 MIN PLANK

ARMS

SINGLE DUMBBELL BICEP CURL, ZOTTMAN CURLS, SINGLE ARM PREACHER CURLS, SKULL CRUSHERS, CLOSE GRIP BENCH PRESS, CABLE PUSH DOWNS
3 SETS OF 10

FRIDAY

TREADMILL 10 MIN • HIIT • 1 MIN BATTLE ROPE, 1 MIN HIGH KNEES, 1 MIN BUTT KICKS, 1 MIN HIGH KICKS, 1 MIN JUMP ROPE

SHOULDERS

SEATED MILITARY PRESS, FARMERS CARRY, DUMBBELL SIDE LAT RAISES, BARBELL UPRIGHT ROWS, SEATED REAR DELT ROW, SHRUGS
3 SETS OF 10

SAT & SUN

GET OUTSIDE AND ENJOY THE SPRING SUNSHINE! GO FOR A WALK, HIKE, BIKE RIDE, JUST MOVE YOUR BODY!