

1 WEEK RISE *Trial*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Lower	HIIT	Active Recovery	Upper	Lower and Core	Full Body
Rest						

Scriptures

Galatians 6:9
Ephesians 2:10
Matthew 5:16
1 Corinthians 10:31

THIS WEEK'S THEME: BETTER IS BETTER

In the Rise Tribe we have a theme every month to encourage, teach, or help us on our health and wellness journey.

Some months are fitness or health related, while others focus on our character or heart.

In this sample week of Rise, let's take the focus off of doing more and focus on being better.

SAMPLE WEEK

Circuit 1.
Sumo Squat
Wide Static Lunge

Circuit 2.
Lat Lunge, Forward Lunge
Weighted Glute Bridge

Circuit 3.
Rev Lunge, Curtsy
Inner Leg Lift

3 Sets of 12-14 Reps

DAY 1 - LOWER

Jack Chair Squat
Plank Toe Grab
Lateral Shuffles
Plank Jump Overs
Squat Hold Hops
V Sit Clap Through

30 Seconds on 10 Seconds Rest Max
Effort
Beginners : 2-3 rounds Intermediate:
3-4 Rounds Advanced: 5-6 Rounds

DAY 2 - HIIT

Circuit 1.
Bicep Curls
Tricep Ext S
houlder Press

Circuit 2.
W Curls
Overhead Tricep Ext
Lateral Raise

Circuit 3.
Hammer Curls
Tricep Dips
Front Raise

3 Sets of 12-14 Reps

DAY 4 - UPPER

Circuit 1.
Frog Pumps
Close, Wide Lunge
Surrender

Circuit 2.
Forward Squat Walks
Goblet Squat
Kickstand Deadlift to Knee Drive

3 Sets of 12-14 Reps

Circuit 3.
1,2,3 Crunch
Plank Hold
Leg Drop
Oblique Crunch

30 Seconds on 10 Seconds Rest for 3
Rounds

DAY 5 - LOWER AND CORE

Circuit 1.
Reverse Lunge to Press
T Plank
Fast Feet

Circuit 2.
Sumo Squat, Lateral Raise
Plank Weight Transfer
Jump Rope

Circuit 3.
Dumbbell Swing
Plank Jack (or tap)
In and Out Squat Jacks

3 Sets of 12-14 reps

DAY 6 - FULL BODY