STEPH HENDEL'S

THE FIT AND FEARLESS FEMALE

AN AWARD-WINNING MASTERPIECE

Fitness Guide

WEEK SEVEN

“

YOU ARE CAPABLE OF AMAZING THINGS.

♥

Tracking Your Progress

Tracking your progress can be fun. It reminds you that every day you are making shifts and changes.

Take steps before you start this week to record where you are. Take front and back photos in a bikini or sports bra and shorts or take measurements.

Tag me on social media progress posts with #stephhendel @stephhendel. Email progress photos to steph@stephhendel.com.

WEEK SEVEN

Monday
Leg Workout

Tuesday
50 Minutes of Cardio
(25 Minutes of Running
Followed By 25 Minutes
of Walking)

Wednesday
Abs & Arms Workout

Thursday
Yoga Routine

Friday
Full Body Workout

Saturday
50 Minute Walk
+ 40 Second Side Plank
+ 40 Second Other Side
+ 40 Second Front Plank

Sunday
Yoga Routine

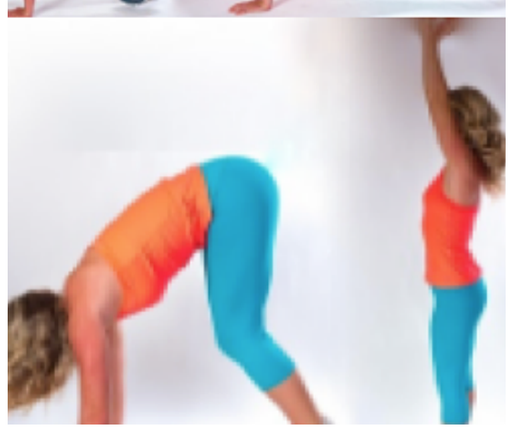
Monday : Leg Workout

Perform CIRCUIT 1 for 8:00 minutes. Take a 30 second rest before beginning CIRCUIT 2. Perform CIRCUIT 2 for 8:00 minutes. Take a 30 second rest. Perform this sequence a total of 2 times. This workout will take 34 minutes to complete.

CIRCUIT 1

15
SQUAT PRESS
(7 LB WEIGHT
IN EACH HAND)

12
BURPEES



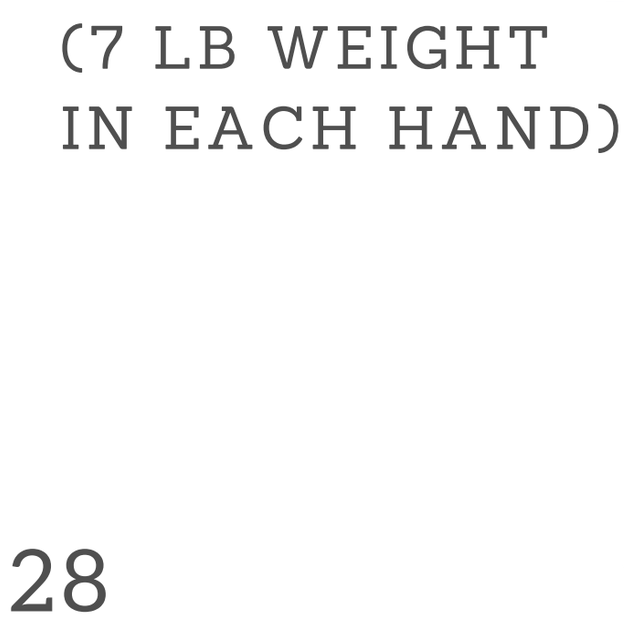
28
STEP UPS
(14 EACH SIDE)
(7 LB WEIGHT
IN EACH HAND)

16
TOE TOUCH
JUMP SQUATS

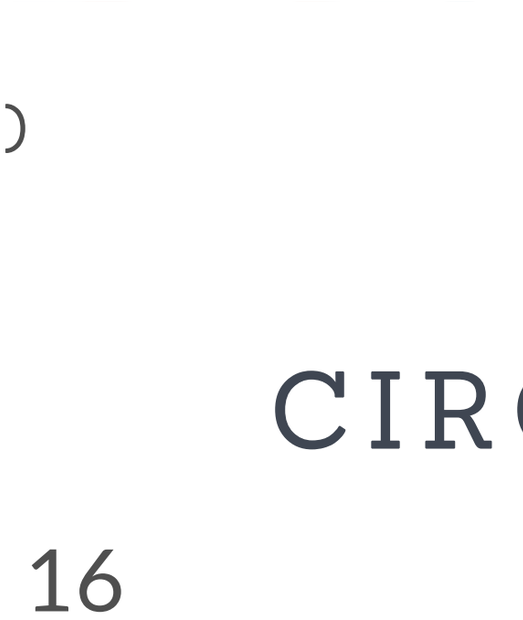
(8 EACH SIDE)

CIRCUIT 2

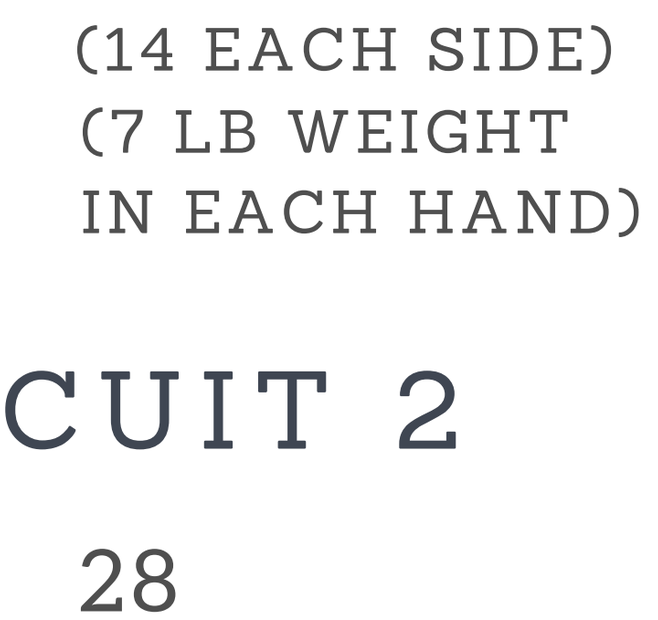
28
KNEE UPS
(14 EACH SIDE)



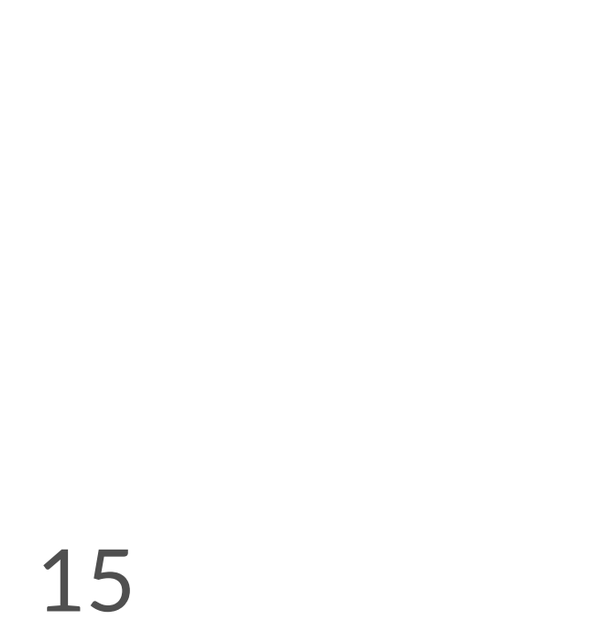
16
JUMP SQUATS



28
WALKING
LUNGES
(14 EACH SIDE)
(7 LB WEIGHT
IN EACH HAND)



15
BODY SQUATS



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Wednesday : Ab & Arm Workout

Perform CIRCUIT 1 for 8:00 minutes. Take a 30 second rest before beginning CIRCUIT 2. Perform CIRCUIT 2 for 8:00 minutes. Take a 30 second rest. Perform this sequence a total of 2 times. This workout will take 34 minutes to complete.

CIRCUIT 1

40
BICYCLE CRUNCHES

(20 EACH SIDE)

17
STRAIGHT LEG SIT UPS

40
MOUNTAIN CLIMBERS

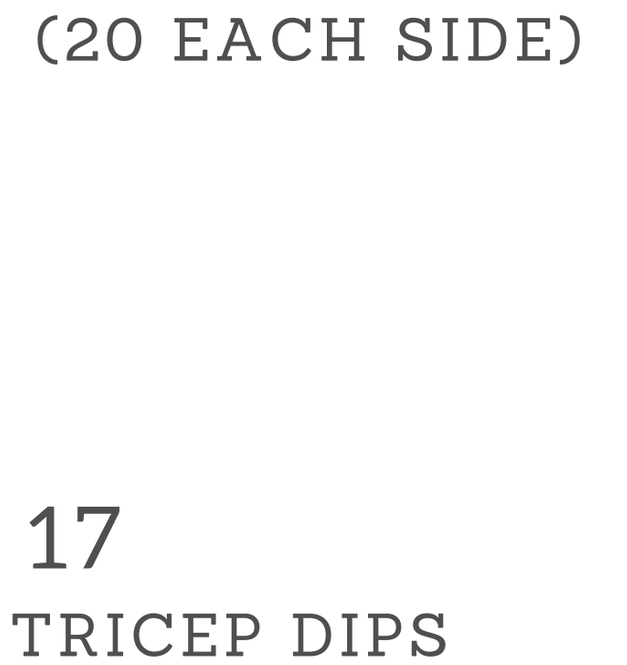
(20 EACH SIDE)

28
STRAIGHT LEG SIT UPS WITH A SIDE TWIST

(14 EACH SIDE)

CIRCUIT 2

17
TRICEP DIPS

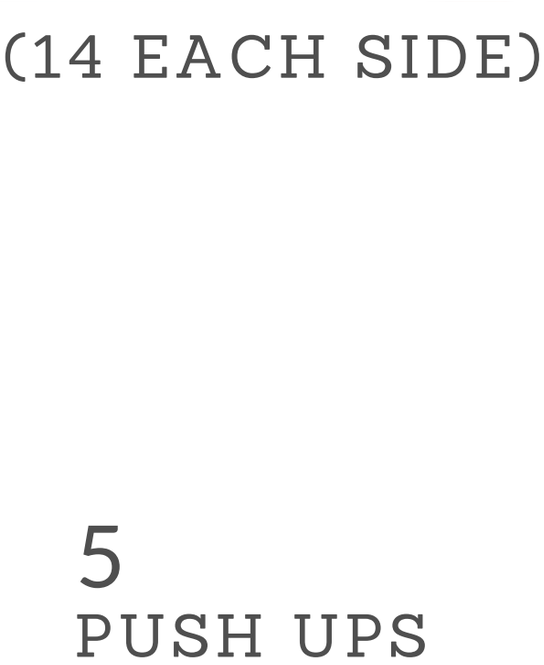


16
LOCUST PUSH UPS

17
SQUAT PRESS

(7 LB WEIGHT IN EACH HAND)

5
PUSH UPS



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Friday : Full Body Workout

Perform CIRCUIT 1 for 8:00 minutes. Take a 30 second rest before beginning CIRCUIT 2. Perform CIRCUIT 2 for 8:00 minutes. Take a 30 second rest. Perform this sequence a total of 2 times. This workout will take 34 minutes to complete.

CIRCUIT 1

12
BURPEES

28
STEP UPS

5
PUSH UPS

17
STRAIGHT LEG SIT UPS

(14 EACH SIDE)
(7 LB WEIGHT
IN EACH HAND)

CIRCUIT 2

28
WALKING LUNGES

(14 EACH SIDE)
(7 LB WEIGHT
IN EACH HAND)

28
KNEE UPS

(14 EACH SIDE)

40
BICYCLE CRUNCHES

(20 EACH SIDE)

85
JUMPING JACKS

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