

# FMA Fitness Track: Workouts

(please read disclaimer on page 3)

## Day 1: “Chest/Triceps + CORE”

3-4 sets (one GIANT circuit), rest when needed

Exercise	Weight	Reps	Demo Video
Chest Press on Floor/Bench/Ball	Heavy	10-15 reps	<a href="https://youtu.be/FkwMz0BiOaY">https://youtu.be/FkwMz0BiOaY</a>
Modified Push Ups (or on toes)		6-10 reps	<a href="https://youtu.be/e6do881lwo8">https://youtu.be/e6do881lwo8</a>
Triceps Kickbacks	Light	15-20 reps	<a href="https://youtu.be/FheWj9D303o">https://youtu.be/FheWj9D303o</a>
Chest Flyes on Floor/Bench/Ball	Moderate	10-15 reps	<a href="https://youtu.be/8sAPfozOa4o">https://youtu.be/8sAPfozOa4o</a>
Tricep Overhead Extensions	Moderate	10-15 reps	<a href="https://youtu.be/HCcFEGqz4ro">https://youtu.be/HCcFEGqz4ro</a>
30 Second Cardio Break-skip, jump, bike			
Plank Walks	N/A	15-20 reps	<a href="https://youtu.be/vm4uJr2TtKk">https://youtu.be/vm4uJr2TtKk</a>
2 Up, 1 Down	N/A	15-20 reps	<a href="https://youtu.be/hklk_Q8bHnM">https://youtu.be/hklk_Q8bHnM</a>
Russian Twists	Moderate	15-20 reps	<a href="https://youtu.be/Zx6ZV6tnmq4">https://youtu.be/Zx6ZV6tnmq4</a>

## Day 2: “Legs & Shoulders + CORE”

3-4 sets (one GIANT circuit), rest when needed

Exercise	Weight	Reps	Demo Video
Squat to Shoulder Press	Moderate	15-20 reps	<a href="https://youtu.be/Hn4d9qFcDjw">https://youtu.be/Hn4d9qFcDjw</a>
Squat Jumps	N/A	10-20 reps	<a href="https://youtu.be/MRqKEc-wM4">https://youtu.be/MRqKEc-wM4</a>
Side Lunges with Front to Side Raises	Light	10 reps/side	<a href="https://youtu.be/u8J9rgRlcFU">https://youtu.be/u8J9rgRlcFU</a>
Reverse Flyes with Dumbbells	Light	15-20 reps	<a href="https://youtu.be/U3KZ_odEihc">https://youtu.be/U3KZ_odEihc</a>
Reverse Lunges (weight optional)	Mod	10 reps/leg	<a href="https://youtu.be/s8vDTf3mkQl">https://youtu.be/s8vDTf3mkQl</a>
30-Sec Cardio Break-skip, jump, bike			
Crunches	N/A	15-20 reps	<a href="https://youtube.com/shorts/6QiRDyTEL6A">https://youtube.com/shorts/6QiRDyTEL6A</a>
Bicycles	N/A	15-20 reps	<a href="https://youtu.be/8uuozgY9LW8">https://youtu.be/8uuozgY9LW8</a>

Leg Raises	N/A	15-20 reps	<a href="https://youtu.be/9U0XR2DcnVE">https://youtu.be/9U0XR2DcnVE</a>
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## Day 3: “Back & Biceps + CORE”

3-4 sets (one GIANT circuit), rest when needed

Exercise	Weight	Reps	Demo Video
Double Arm Dumbbell Row	Moderate	15-20 reps	<a href="https://youtu.be/6Yq9MBtmdUE">https://youtu.be/6Yq9MBtmdUE</a>
Seated Bicep Curl (or Stand)	Moderate	15-20 reps	<a href="https://youtu.be/NAqA6xX6FOY">https://youtu.be/NAqA6xX6FOY</a>
Single Arm Double Row	Heavy	10 reps	<a href="https://youtu.be/qP1yAWcC4ds">https://youtu.be/qP1yAWcC4ds</a>
See-Saw Hammer Curls	Moderate	15-20 reps	<a href="https://youtu.be/UBt5vu_jHNA">https://youtu.be/UBt5vu_jHNA</a>
30 Second Cardio Break-Skip, Jump, Bike			
Plank (on hand or elbow)	N/A	30 seconds	<a href="https://youtube.com/shorts/RguFXILtKHY">https://youtube.com/shorts/RguFXILtKHY</a>
Side Plank (on hand or elbow) with Hip Lifts-drop knee if needed	N/A	10 lifts/side	<a href="https://youtu.be/KRVwyUI9Xyo">https://youtu.be/KRVwyUI9Xyo</a>
Glute Bridge Lifts	N/A	15-20 reps	<a href="https://youtu.be/6pyA8E-b2nE">https://youtu.be/6pyA8E-b2nE</a>

### Modifications:

#### To make the workouts harder:

- Increase the weight + decrease the reps
- Slow the temp-3 counts up, 2 counts down
- Do 5 sets total
- 1 min cardio break instead of 30 seconds

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#### To make the workouts easier:

- Lower the weight (or NO weight) + increase the reps
- 2-3 sets instead of 3-4
- Skip the cardio break

### Quick disclaimer:

These workouts are designed for educational and sharing purposes, and you follow them at your own risk. You are an adult, capable of listening to your body and knowing what it can and can't handle. I have done my best to prepare you for a safe and effective workout, but please speak with your physician before starting any fitness program, especially if you are at a higher risk for illness and injury. Elise Tzurkov and @functionallyfitwithelise assume no risk for your voluntary participation in this program.



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