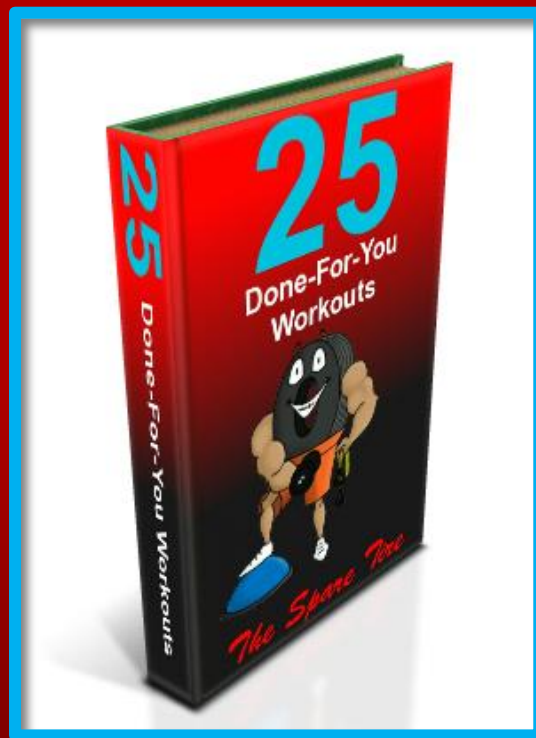


25

Done-For-You Workouts



The Spare Tire

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Introduction

We at “*The Spare Tire*” would like to thank you for taking the time to subscribe to our blog. As a token of our appreciation, we are providing you with “25 Done-For-You Workouts” free of charge. Each workout has a different theme. Choose the most appropriate ones for your lifestyle, or try them all to add a bit of variety to your workouts.

As you may notice, some of these exercise names are uncommon. Many of these exercises have different variations as well. If one of the exercise names isn't familiar to you, type in the exercise name at www.youtube.com for an instructional video on proper form and technique.

We ask you for (3) things in return for these 25 free workouts:

1. Have fun
2. Be Safe
3. Tell us about your killer results on our blog!!

Please note that each of these workouts were created by a certified personal trainer with a degree in a health science related field; however, you should consult a physician before starting any exercise program. These workouts are intense, so please remember to work at your own pace. The rest times, sets, and reps are general guidelines but may vary by individual. Work up to these ideal numbers, and you will be getting results in no time!

Workout #1 Buns of Steel (gym equipment needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Wide Stance Squats	3	15,12,10
Lying Hamstring Curl	3	15,12,10

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
45 Degree Leg Press	3	15,15,15
Stiff Leg Deadlifts	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Walking Lunges	3	20,20,20 each leg
Seated Leg Press	3	20,20,20

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Step-ups	3	15,12,10
Bridge	3	20,20,20

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Fire Hydrants	3	25,25,25
Lying Side Leg Raises	3	20,20,20

Cool Down & Stretch (5-10 mins)

Workout #2 Calling in Sick (no weights needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Jumping Squats	3	20,20,20
High Knees	3	1 min, 1 min, 1 min

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Push-ups	3	20,20,15
Dips	3	20,20,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
In-place Lunges	3	15,15,15 each leg
Butt Kickers	3	1 min, 1 min, 1 min

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Plank Walk-up	3	20,20,20
Side Planks	3	45 sec, 45 sec, 45 sec

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Lying Ab Leg Raises	3	20,20,20
Supermans	3	20,20,20

Cool Down & Stretch (5-10 mins)

Workout #3 Bosu Ball Blaster (bosu ball & weights needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Bosu Burpees	3	15,15,15
Bosu Push-ups	3	20,15,12

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Bosu Box Jumps	3	20,20,20
Bosu Rows	3	15,15,15 each arm

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Bosu Toe Taps	3	25,25,25 each foot
Bosu Shoulder Press	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Bosu Squats	3	20,20,20
Bosu Bicep Curls	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Bosu Back Extensions	3	15,15,15
Bosu Sit-ups	3	20,20,20

Cool Down & Stretch (5-10 mins)

Workout #4 The Stair Master (stairs needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Stair Sprints	3	10,10,10
Stair Step-ups	3	20,20,20

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Incline Stair Push-ups	3	20,15,12
Stair Planks	3	1 min, 1 min, 1 min

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Two Stair Sprints	3	12,12,12
Stair Lunges	3	15,15,15 each leg

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Stair Dips	3	20,20,20
Decline Stair Push-ups	3	20,15,12

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Stair Hop-ups	3	15,15,15
Stair Side Squats	3	15,15,15 each leg

Cool Down & Stretch (5-10 mins)

Workout #5 Yummy Tummy (jump rope & weights needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Jumping Rope	3	1 min, 1 min, 1 min
Lying Ab Bicycles	3	25,25,25 each side

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Mountain Climbers	3	45 sec, 45 sec, 45 sec
Lying Ab Leg Raises	3	25,20,20

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
High Knees	3	1 min, 1 min, 1 min
Russian Twists	3	20,20,20 each side

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Vertical Leg Crunches	3	20,20,20
Planks	3	1 min, 1 min, 1 min

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Side Twist Crunches	3	20,20,20 each side
Side Planks	3	45 sec, 45 sec, 45 sec

Cool Down & Stretch (5-10 mins)

Workout #6 Semper-Fi (medicine ball (MB) needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
MB Frog Hops	3	20,20,20
Bear Crawls	3	45sec, 45sec, 45sec

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
MB Jumping Lunges	3	15,15,15 each side
Crab Walks	3	45sec, 45sec, 45sec

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
MB Sprints	3	30sec, 30sec, 30sec
Suicide Push-ups	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
MB Mountain Climbers	3	20,20,20 each side
MB Toss-ups	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
MB One Legged Hops	3	25,25,25 each side
MB Plank Shuffle	3	15,15,15 each side

Cool Down & Stretch (5-10 mins)

Workout #7 Mirror Muscles (weights & equipment needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Front Pulldowns	3	12,10,10
Incline Bench Press	3	12,10,10

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Bent-over Rows	3	12,10,10
Cable Flies	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Arnold Press	3	12,10,10
Side Lateral Raises	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Incline Bicep Curls	3	12,10,10
Skull-crushers	3	12,10,10

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Hammer Curls	3	12,10,10
Tricep Pushdowns	3	12,10,10

Cool Down & Stretch (5-10 mins)

Workout #8 Full Body Blast (weights & equipment needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Lying Leg Press	3	15,12,10
Lying Hamstring Curls	3	15,12,10

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Assisted Pull-ups	3	15,12,10
Chest Press Machine	3	15,12,10

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Weighted Step-ups	3	15,12,10 each side
Leg Extensions	3	15,12,10

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Shoulder Press	3	15,12,10
Preacher Curl	3	15,12,10

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Roman Chair Ab Raise	3	15,12,10
Weighted Dips	3	15,12,10

Cool Down & Stretch (5-10 mins)

Workout #9 Plyometrics (box & medicine ball (MB) needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Box Jumps	3	20,20,20
Clap Push-ups	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Box Lateral Jumps	3	20,20,20 each side
MB Plank Shuffle	3	15,15,15 each side

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Long Jumps	3	20,15,15
MB Front Chop	3	20,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Box March	3	20,20,20 each side
MB Side Throw (wall)	3	15,15,15 each side

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Box Lateral Shuffle	3	20,20,20 each side
MB Toss-ups	3	15,15,15

Cool Down & Stretch (5-10 mins)

Workout #10 It's Kettlebell Time! (kettlebell (KB) needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
KB Farmer's Walk	3	1 min, 1 min, 1 min
KB Two Arm Swing	3	15,15,15 each side

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
KB Overhead Lunges	3	15,15,15 each side
KB Alt Swing Catch	3	15,15,15 each side

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
KB Sumo Deadlift	3	20,20,20
KB Press	3	15,15,15 each side

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
KB Windmill	3	15,15,15 each side
KB Clean	3	15,15,15 each side

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
KB Front Squat	3	20,20,20
KB Turkish Get-up	3	12,12,12

Cool Down & Stretch (5-10 mins)

Workout #11 Brute Strength (weights & equipment needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Weighted Squats	3	10,8,6
Push-press	3	10,8,6

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Rack Deadlifts	3	10,8,6
Bench Press	3	10,8,6

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Weighted Lunges	3	10,8,6 each side
One Arm Rows	3	10,8,6 each side

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Hack Squat	3	10,8,6
Military Press	3	10,8,6

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Stiff Leg Deadlift	3	10,8,6
Incline Bench Press	3	10,8,6

Cool Down & Stretch (5-10 mins)

Workout #12 Problem Areas (bosu ball & weights needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Weighted Step-ups	3	15,15,15 each side
Tricep Extensions	3	15,12,10 each side

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Fire Hydrants	3	20,20,20 each side
One Leg Plank	3	1 min, 1 min, 1 min

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Bosu Ball Deep Squats	3	20,15,15
Bosu Ball Dips	3	15,15,20

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Donkey Kicks	3	20,20,20 each side
Russian Twists	3	20,20,15 each side

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Side Lunges (w/Dumbbells)	3	15,15,15 each side
Side Planks	3	45sec, 45sec, 45sec each side

Cool Down & Stretch (5-10 mins)

Workout #13 Don't Throw Up! (weights & machines needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Jumping Squats	3	25,25,25
Push-ups	3	20,20,20

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Weighted Burpees	3	15,15,15
Jumping Pull-ups	3	20,20,20

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Mountain Climbers	3	30,30,30 each side
Clean and Press	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Walking Lunges	3	20,20,20 each side
Stair Climber	3	2 min, 2 min, 2 min

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Wall Sits	3	1 min, 1 min, 1 min
Ab Leg Raises	3	20,20,20

Cool Down & Stretch (5-10 mins)

Workout #14 Climb the Ladder (use appropriate weights)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Alternating Military Press (w/Dumbbell)	3	8,12,16
Reverse flies	3	8,12,16

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Hammer Curls	3	8,12,16
Dips (using Bench)	3	8,12,16

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Military Press (w/Barbell)	3	8,12,16
Behind Head Military Press (w/Barbell)	3	8,12,16

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Upright Row	3	8,12,16
Pullovers	3	8,12,16

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Preacher Curls	3	8,12,16
Tricep Extention	3	8,12,16

Cool Down & Stretch (5-10 mins)

Workout #15 Core to the Floor (use weights when needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Russian Twists	3	12,14,16 each side
Bent Over Rows	3	12,14,16

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
V-ups	3	12,14,16
Supermans	3	12,14,16

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Coffin Sit-ups	3	12,14,16
Back Extensions	3	12,14,16

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Crunch and Hold	3	12,14,16
Lawn Mowers	3	12,14,16 each side

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Bicycles	3	1 min, 1 min, 1 min
Planks	3	1 min, 1 min, 1 min

Cool Down & Stretch (5-10 mins)

Workout #16 Get Vertical (no weights needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Clap Push-ups	3	12,12,12
Jump Squats	3	16,16,16

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Box Jumps	3	16,16,16
Jumping Lunges	3	12,12,12 each side

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Ski Jumps	3	16,16,16
Tuck Jumps	3	16,16,16

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Sumo-jumps	3	16,16,16
Power Jacks	3	16,16,16

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Single Leg High Knees	2	16,16,16 each
Jump rope	2	3 min, 3 min

Cool Down & Stretch (5-10 mins)

Workout #17 Get That Heart Pumping (no weights)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Fast Paced Run	1	8-10 min
Jumping Jacks	1	3 min

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
High Knees	2	2 min, 2 min
Burpees	2	1 min, 1 min

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Push-ups	3	15,15,15
Deep Squats	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Burpees	2	1 min, 1 min
High Knees	2	2 min, 2 min

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Jumping Jacks	1	50
100 Yard Sprint	1	1

Cool Down & Stretch (5-10 mins)

Workout #18 Twenty Minute Sweat Out (no weights)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
100 Yard Sprint	3	1,1,1
Moderate Pace Run	3	3 min, 3 min, 3 min

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Ski Jumps	3	15,15,15
Grapevines	3	15,15,15 each side

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Crossover Mountain Climbers	3	15,15,15 each side
Leap Frogs	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Burpees (w/Push-up)	3	15,15,15
Skip	3	1 min, 1 min, 1 min

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Jumping Jacks	3	15,15,15
Jump Rope	3	2 min, 2 min, 2 min

Cool Down & Stretch (5-10 mins)

Workout #19 Tight like a Tiger (use weights when needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Barbell Rows	3	12,12,12
Bench Flies	3	12,12,12

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
V-ups	3	15,15,15
Supermans	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Reverse Lunges (w/Dumbbell)	3	12,12,12 each
Hamstring Curl (w/Ankle Weight)	3	12,12,12 each

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Lateral Raises (w/Dumbbell)	3	12,12,12
Dumbbell Military Press	3	12,12,12

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Deadlifts (w/Dumbbell)	3	12,12,12
Front Squats (w/Dumbbell)	3	12,12,12

Cool Down & Stretch (5-10 mins)

Workout #20 Raging Time (use weights when needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Seated Row	3	8,8,8
Push-up Row	3	8,8,8

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Bicep Curls	3	8,8,8
Dips (using Bench)	3	8,8,8

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Seated Flies	3	8,8,8
Seated Reverse Flies	3	8,8,8

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Lat Pulldowns	3	8,8,8
Dumbbell Push Press	3	8,8,8

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Pull-ups	3	8,8,8
Decline Press	3	8,8,8

Cool Down & Stretch (5-10 mins)

Workout #21 The Incredible Human (weights when needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Back Extensions	3	10,10,10
Scissor Kicks	3	1 min, 1 min, 1 min

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Leg Curls	3	10,10,10
Mountain Climber	3	1 min, 1 min, 1 min

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Preacher Curls	3	10,10,10
High Knees	3	1 min, 1 min, 1 min

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Skull Crushers	3	10,10,10
Split Squat	3	30sec, 30sec, 30sec each side

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Arnold Press	3	10,10,10
Frog Hops	3	1 min, 1 min, 1 min

Cool Down & Stretch (5-10 mins)

Workout #22 Sandy Beaches (use weight when needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Step-ups	3	15,15,15 each
Reverse Lunges	3	15,15,15 each

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Overhead Tricep Extension	3	15,15,15
Seated Bicep Curls	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Up-right Row	3	15,15,15
Seated Row	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Incline Press	3	15,15,15
Stiff Leg Deadlift	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Sumo Deadlift	3	15,15,15
Touchdowns	3	15,15,15 each side

Cool Down & Stretch (5-10 mins)

Workout #23 Bosu Attack (Bosu ball & weights for all exercises)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Alt Dumbbell Bench Press	3	15,12,10 each
Single Leg Lunge	3	15,12,10 each

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Alt Bicep Curls	3	15,12,10 each
Lateral Shoulder Raises	3	15,12,10

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Seated Military Press	3	15,12,10
Bosu Ball Squats	3	15,12,10

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Pullovers	3	15,12,10
Supermans	3	15,12,10

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Reverse Flies	3	15,12,10
Toe Taps	3	15,12,10 each

Cool Down & Stretch (5-10 mins)

Workout #24 Half and Half (use weight on last 5 exercises)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Dips	3	15,12,10
Cable Curls	3	15,12,10

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Good Mornings	3	15,12,10
Lateral Lunges	3	15,12,10 each

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Medicine Ball Slam	3	15,12,10
Wood Choppers	3	15,15,15 each side

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Bicycles Crunches	3	15,15,15 each side
Deck Squats	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Tuck Jumps	3	15,15,15
Floor Jacks	3	15,15,15

Cool Down & Stretch (5-10 mins)

Workout #25 Kick That Butt (use weights when needed)

Warm up (5-10 minutes)

Note: Superset the two exercises within each table

Exercise	Sets	Repetitions
Lateral Lunges	3	15,15,15 each
Box Jumps	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Pulse Squats	3	15,15,15
Bridges	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Leg Extensions	3	15,15,15
Hamstring Curls	3	15,15,15

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Fire Hydrants	3	15,15,15 each side
Donkey Kicks	3	15,15,15 each side

(Rest Period: 60-90 seconds)

Exercise	Sets	Repetitions
Squat and Hold (3sec)	3	15,15,15
Split Squats	3	15,15,15 each side

Cool Down & Stretch (5-10 mins)

Mission Statement

Our goal at “The Spare Tire Blog” is to give you the most up-to-date, unfiltered information about the fitness industry. Not everything in the fitness world is pretty, or even healthy for that matter. Remember, the fitness industry is a major “business”. Like most successful businesses, one of the main driving factors is MONEY. Unfortunately, people within the fitness industry may tell you myths and lies to sell a product or service. Our job at “The Spare Tire Blog” is to uncover these myths and lies so our readers can become more knowledgeable and live happier, healthier lives. Thank you for taking the time to come on this journey with “Flex” the spare tire and his team. We promise to look out for the best interest of our readers by continuing to educate ourselves about the fitness industry and sharing our knowledge with the community. If you ever feel doubtful about something within the fitness industry, please don’t hesitate to send us a message, and we’ll investigate immediately. Let’s help bring the purity back to the fitness world.

