



SWEAT TRAINING & CARDIO LEVEL 1

Get ready to SWEAT! These workouts are designed to help you burn fat, build strength, improve your cardio conditioning and push you out of your comfort zone! Let's have some fun!

If you have any questions about the exercises or this plan overall, head on over to the Facebook Group. Others are likely wondering the same thing! If you are uncomfortable asking in the group, feel free to email me at jaimebairstfitness@gmail.com.

I will be posting instructional videos on most of the exercises. However, if there is anything you need specifically, don't hesitate to ask for it in the group. I will get right on it!

Before you begin any of these workouts, make sure to warm up with 5 minutes of light cardio (walking, jumping jacks, biking, etc.) and some stretching or foam rolling.

This 7-Day Program is designed as a Monday - Sunday program. While I would like for you to follow it as its laid out, if you need to switch some workouts, feel free. It's all about making this program work for you! If you don't have 45 minutes to complete the workout all at once, you can also split up the workout into 15 mins at a time throughout the day.

You should feel challenged every set of every exercise. If you don't, increase your weight lifted and/or decrease your rest interval. You can also add an additional 5 reps to an exercise for more of a challenge. If there are exercises you can't perform, please let me know. I will help provide alternatives.

DAY 1 - MONDAY - Take It Outside Cardio + Core

Goals: Feel good cardiovascular conditioning, burn calories, burn fat & get a healthy dose of mood-enhancing and metabolism-boosting Vitamin D! If you are unable to train outdoors and have access to a cardio machine (treadmill, elliptical, stairmaster, bike, etc.), you can perform it on there.

Walk/Jog/Run/Bike/Rollerblade - Moderate Intensity: 30 min

Then, complete the following 3 times through:

Abdominal crunches: 30 reps

Forearm Plank: 30 seconds

Rest 1 min between rounds.

Stretch!

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DAY 2 - TUESDAY - Legs & Booty

Goals: Leg shaping & tightening, build muscular strength & endurance, enhance curves. For this workout, you want to challenge yourself with the weight you are using. Focus on getting stronger over time.

Superset 1 - Complete the following 3 times:

Walking lunges - hold light dumbbells: 20 total reps (10 each leg)

Bodyweight squat: 30 reps (rest as needed)

Superset 2 - Complete the following 3 times:

Wall squat hold: 60 seconds

Sumo squat pulse - hold 1 moderate to heavy dumbbell with both hands: 30 pulses

High jumps: 8 reps (If too difficult, replace with a squat kick for 8 reps, each leg)

Superset 3 - Complete the following 3 times:

Bodyweight glute bridge: 20 reps

Glute bridge — hold 1 moderate to heavy dumbbell across hips: 10 reps

Bodyweight glute bridge hold at top 10 seconds: 5 reps

Superset 4 - Complete the following 3 times:

Reverse lunge - hold light dumbbells: 8 reps, each leg

Bodyweight calf raises: 20 reps

Stretch!

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DAY 3 - WEDNESDAY - Take It Outside Cardio 2

Goals: Feel good cardiovascular conditioning, burn calories, burn fat & get a healthy dose of mood-enhancing and metabolism-boosting Vitamin D!

***If you are unable to go outdoors, you can change the walk to jogging in place slow and then fast. Or, if you have access to a cardio machine, you can use it performing moderate and fast speeds. If you have further questions or need more modifications, please let me know! ***

Circuit 1 - Complete the following 2 times:

Walk: 2 min

Jog or Fast Walk: 2 min

Jumping Jacks: 20 reps

Stationary Lunges: 12 reps, each leg

Circuit 2 - Complete the following 2 times:

Walk: 2 min

Jog or Fast Walk: 2 min

Side shuffle: 15, each direction

Walking squats: 10 reps, each direction

Circuit 3 - Complete the following 2 times:

Walk: 2 min

Jog or Fast Walk: 2 min

FINISHER: Repeat 1 time

Squat kick - alternating legs: 20 reps total

Pop squat: 10 reps

Hop, hop, squat: 10 reps

Fast feet: 30 steps

DAY 4 - THURSDAY - Rest

You need rest to make change. It's during rest that your muscle recovers, rebuilds and grows.

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DAY 5 - FRIDAY - Upper Body Blast

Goals: Sculpt and tone your upper body, challenge your core stability and build muscular endurance and strength.

Superset 1 - Complete the following 3 times:

Standing shoulder press: 12 reps (moderate weight)

Lateral raise: 10 reps (moderate weight)

Mountain climber: 30 reps (15 each leg)

Superset 2 - Complete the following 3 times:

Overhead standing dumbbell triceps extension: 12 reps (moderate weight)

Triceps dips from floor: 15 reps

Dumbbell punches: 30 reps (light weight)

Superset 3 - Complete the following 3 times:

Biceps curl: 15 reps (moderate to heavy weight)

Push-ups: 12 reps (from toes or knees)

Superset 4 - Complete the following 3 times:

Single arm dumbbell row: 12 reps, each arm (moderate to heavy weight)

Supermans (from ground): 15 reps

Stretch!

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DAY 6 - SATURDAY - Take It Outside Cardio + Abs & Booty Blast

Goals: Metabolism boosting Vitamin D cardio. Sculpt, tone and strengthen your booty and abs.

*** If you like to take group fitness classes like Orange Theory, you can substitute a group class here.***

Walk/Jog/Run/Bike/Rollerblade - Moderate to High Intensity: 30 min

Then, complete the following 3 times through:

Bridge: 40 reps (rest as needed)

Butterfly crunches: 30 reps

Plank with alternating knee to chest: 10 reps, each leg

Rest 1 min between rounds.

Stretch!

DAY 7 - SUNDAY - Rest

You need rest to make change. It's during rest that your muscle recovers, rebuilds and grows. Use this time to get to the grocery store and prep food for the week. ;-)

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