

ADELA'S HIGH-INTENSITY BODY-SHAPING WORKOUT

EXERCISE	REPS
WARM-UP: 15 MINUTES	
STEPMILL: 90 STEPS PER MINUTE	
GIANT SET 1: REPEAT 3 TIMES	
DUMBBELL SQUATS	15
WEIGHTED POP SQUATS	20
STATIONARY LUNGES	15
GIANT SET 2: REPEAT 3 TIMES	
SHOULDER-WIDTH SQUATS WITH ARNOLD PRESSES	12
SPLIT JUMPS ON 12-INCH STEP	15 (EACH LEG)
WEIGHTED BURPEES	15
GIANT SET 3: REPEAT 3 TIMES	
BODYWEIGHT SQUATS	25
WEIGHTED SQUAT JUMPS ONTO 12-INCH STEP	10
MEDICINE BALL MOUNTAIN CLIMBERS	25 (EACH LEG)
GIANT SET 4: REPEAT 4 TIMES, NON-STOP	
ARNOLD PRESSES	12
PLATE FRONT RAISES	12
SIDE LATERAL RAISES	1
FINAL SET: BURN IT OUT	
5000 M ROW	
BURPEE JUMPS TO 12-INCH STEP: 1 MINUTE	