

Angelique Teves-Aiwohi Sample Workout

Exercise Schedule: Mon., Wed., Thurs. Circuit Training

- Warm up on stationary bike (15 to 20 minutes)
 - Ab crunches on medicine ball (30 reps)
 - Waist twists on medicine ball (1 minute)
 - Push-ups on medicine ball (20 reps)
 - Jump rope (1 minute)
 - Squats with medicine ball (25 reps)
 - Ab crunches with medicine ball overhead (40 reps)
 - Waist twists on medicine ball (1 minute)
 - Push-ups on medicine ball (30 reps)
 - Jump rope (1 minute)
 - Leg curls with medicine ball (25 reps)
 - Reverse leg lifts on medicine ball (25 reps each leg)
 - Squats with medicine ball (35 reps)
 - Ab crunches on medicine ball (50 reps)
 - Waist twists on medicine ball (1 minute)
 - Push-ups on medicine ball (25 reps)
 - Jump rope (1 minute)
- * Repeat circuit and end with 5 minutes of jumping rope (20- second break between each minute).

Approximate time to complete circuit: 30 minutes with a 15-minute warm-up

Exercise Schedule: Tues. and Fri. Cardio Sessions

- 40-minute cardio sessions, either on a stationary bike or a stair climber

"Stop thinking about it, and just get up and do it. A lot of people think, 'I want to get in shape', but they never do anything about it. Wishing is not going to get the weight off. Things don't happen unless you make them happen for you."

-Angelique Teves-Aiwohi

