

6 WEEK ROUTINE SELF GUIDE



LoveRighteousTraining.com

WEEK	1	2	3	4	5	6
GOALS						
Write 3 goals each week:	1.					
	2.					
The Righteous Way!	3.					

**DYNAMIC WARM UP (travel)**

Treadmill, Bike, or Elliptical	Intensity:											
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**EXERCISE**

	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
Knee Pulls	1	15										
High Knees (running or walking)	1	15										
Skips ( running or walking)	1	15										
Karaoke	1	15										

**STABILITY & STRENGTH**

**EXERCISES** **Keep going in the right driection increasing sets & reps each week!**

	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
Wall Sits	3	30 sec										
Crunches	3	15										
Squat Hold	3	15 sec										
Shoulder Dumbell Hold	3	15 sec										

**COOL DOWN**

**EXERCISE**

	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
Knee Pulls	1	15										
High Knees (running or walking)	1	15										
Skips ( running or walking)	1	15										
Karaoke	1	15										

**WEIGHT**

WEIGHT												
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