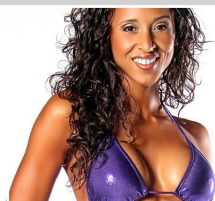


A Jada Kelly Workout



WORKOUTS

***7 day
a week
routine**



MONDAY

Cardio split

Cardio split, 30 min AM and 30 min PM
(various machines & HIIT)

TUESDAY

abs

Usually will choose 6 exercises and make a
circuit then repeat 2-3 times, 30 min cardio

WEDNESDAY

Leg Circuit, 30 min cardio

Leg Press 20-25 reps
Reverse Hack Squat 20-25 reps
Jump rope 120 jumps
Dumbbell straight leg deadlift 20-25 reps

Jump Squats 25 reps
Single leg calf raises 25 reps per leg
Repeat entire circuit 4-5 times with 1 min rest
between sets

THURSDAY

Chest/Tri's/Shoulders and 30 min cardio

Overhead press w/Barbell: 4 sets, 15/12/10/8 reps
Dumbbell upright row: 4 sets, 15/12/10/8 reps
Front raises w/Plate: 4 sets, 15/12/10/8 reps
Lateral raises @ cable mach: 4 sets, 15/12/10/8 reps
Arnold press: 4 sets, 15/12/10/8 reps

Push-ups on the Smith w/Dumbbell Flies: 15-18 reps, 3 sets
Rope Pressdown @ cables w/Dumbbell overhead
elbow extension (tri's): 15-18 reps, 3 sets
Bench dips w/dumbbell kickbacks (tri's): 15-18 reps, 3 sets

FRIDAY

Abs

(just like Tuesday),
30 min cardio

SATURDAY

Leg Super sets.

Cable Kick backs w/walking lunges:
3 sets, 20-25 reps per leg
Pop Squats w/Reverse Lunges - Smith Machine:
3 sets, 20-25 reps

Wide stance straight leg deadlift using dumbbells w/
single Leg press: 3 sets, 20-25 reps
Wide smith squats w/calf raises - smith machine:
3 sets, 20-25 reps

SUNDAY

Back and biceps, 30 min cardio

Inverted row at smith machine: 10-12 reps, 4 sets
Lat pulldown w/seated row (wide grip):
4 sets, 15/12/10/8 reps

Straight-arm pressdown - cables using straight bar
attachment w/dumbbell curls: 4 sets, 15-18 reps
Single arm row w/Barbell curl: 4 sets, 15-18 reps
Hip hyperextension: 4 sets, 15 reps