

8-Week Body Transformation (Week 1 & 2) #JSohActive

WARM UP (5 – 10 Mins)

5-Minute Morning Stretches to Power Your Day

(Video Link: <https://youtu.be/epabz6dGapw>)

MONDAY, WEDNESDAY, FRIDAY (High Intensity)

My Fat Burning Gym Routine

(Video Link: <https://youtu.be/UqFzWx8X5AM>)

or

25-Minute Total Body Strength Training (Home Workout)

(Video Link: <https://youtu.be/PYkJRuz5x1E>)

*If you choose this workout, be sure to include a 20-minute CARDIO of your choice, either running, swimming, cycling, skipping, hiking etc.

TUESDAY (Moderate Intensity)

20-Minute Fat Burning Dance-Inspired Cardio

(Video Link: <https://youtu.be/c9gKtsDLKmE>)

or

30-Minute Cardio Kickboxing

(Video Link: <https://youtu.be/lSq3s2Znx>)

and

4-Week 100 Ab Challenge

(Video Link: <https://youtu.be/uTPnTYwZ1t0>)

THURSDAY (Low Intensity)

30-minute Strong Core Slim Waist

(Video Link: https://youtu.be/dUd_sBd_DNo)

SATURDAY (Moderate Intensity)

4-Week HIIT Legs, Bums, Tums Beach Workout (x2)

(Video Link: <https://youtu.be/uhAMPjdgtp8>)

and

4-Week 100 Ab Challenge

(Video Link: <https://youtu.be/uTPnTYwZ1t0>)

COOL DOWN (5 – 10 Mins)

Quick Full Body Stretches & Cool Down

(Video Link: <https://youtu.be/33XTB6zAZ5E>)

**Sunday is Complete Rest Day!

**Always start with 5-10 mins warm-up & end with 5-10 mins cool down + stretches.

** Strength + Cardio + Core exercises will give you the FASTER & BEST results to lose weight & lean up!

**You MUST eat a healthy and well-balanced diet. It's 80% to your success! Check out my "Meal Plan".

**As you progress & get stronger through the weeks, lift heavier weights, take shorter rest in between sets & aim to complete the workout session in a shorter time. Challenge yourself!

**You may split the workouts, if necessary, just be sure to complete all workouts by the end of the day. This is just a guideline, you may combine your own workouts too.

All videos at - <https://www.youtube.com/JoannaSohOfficial>

COMPLETE WORKOUT LIST

5-Minute Morning Stretch to Power Your Day

Exercises:

- 1) Inchworm to Cobra
- 2) Downward Dog to Plank
- 3) Squat to Side Stretch
- 4) Lunge with arms wide open
- 5) Groiners

Duration: 5 minutes

Structure: 1 minute each exercise

My Fat Burning Gym Routine

Exercises:

Superset 1: Goblet Squat / In & Out Jumps

4-Minute Incline Interval Running

Superset 2: Bent-Over Row to Deadlift / Push-up & Twist

4-Minute Speed Interval Running

Superset 3: Bicep Curl to Shoulder Press / Bench Dips

4-Minute Incline Interval Running

Superset 4: Half V Tucks / Spiderman Plank

4-Minute Speed Interval Running

Duration: 1 hour

Each Superset: 8 Minutes, 8 Intervals (45secs Workout - 15secs Rest)

Rest Time: 1 minute in between superset and cardio transition.

Estimated Calories Burned: 450 - 550Cals

Equipment: 2 pairs of dumbbells

1 pair of lighter weight at 3 - 5kgs each

1 pair of heavier weight at 6 - 8kgs each

25-Minute Total Body Strength Training for Women

Exercises:

Superset 1 (Legs, Thighs & Bums): Dumbbell Squat / Reverse Lunge

Superset 2 (Back & Chest): Dumbbell Row / Chest Press

Superset 3 (Arms & Shoulders): Bicep Curl to Shoulder Press / Tricep Kickback

Superset 4 (Core): Dumbbell Swing / Russian Twist

Duration: 25 minutes

Structure: 4 Supersets. 2 exercises per superset. Total of 8 exercises.

*Superset: Do 2 exercises back-to-back without rest for a total of 3 - 4 sets.

Reps: 12 - 15 reps per exercise.

Rest Time: No more than 1 minute in between supersets.

Estimated Calories Burned: 230 - 270Cals.

Equipment: 2 pairs of dumbbells

1 pair of lighter weight at 3 - 5kgs each

1 pair of heavier weight at 6 - 8kgs each

20-Minute Fat Burning Dance-Inspired Cardio

Exercises:

- | | |
|---------------------|--------------------------------|
| 1) The Bird | 5) Slide Double Hop |
| 2) Dip, Step, Dance | 6) Pull Down |
| 3) Knee Twerk | 7) Motorcycle Pump (Alternate) |
| 4) Pivot Lift | 8) Kick, Squat, Jump |

Duration: Under 20 minutes

Structure: 8 Intervals per circuit (40secs Workout, 20secs Rest). Repeat 2 - 3 circuits.

*Rest 1 min in between circuits.

Estimated Calories Burned: 150 - 170Cals (based on 2 circuits)

30-Minute Cardio Kickboxing Workout

Exercises:

- | | |
|------------------------------|----------------------------|
| 1) Straight Punches | 7) Straight Up Punches |
| 2) Switch Left & Right | 8) High Knee Grab |
| 3) Touch Front Kicks | 9) Side Kicks |
| 4) Jap, Punch, Duck & Switch | 10) Jap, Punch, Hooks |
| 5) Front & Back Kicks | 11) Reach & Twist |
| 6) Squat & Cross Punch | 12) Sumo Squat to Push-Ups |

Duration: 30 minutes

Structure: 12 Intervals per circuit (45secs Workout, 15secs Rest). Repeat 2 circuits

*Rest 1 min in between circuits.

Estimated Calories Burned: 250 - 300Cals (based on 2 circuits)

4-Week 100 Ab Challenge

- | | |
|---------------------|----------------------|
| 1) Roll Up & Twist | 6) Windshield Wipers |
| 2) Full Crunches | 7) Scissors |
| 3) Half V-Tucks | 8) 4-time Abs |
| 4) Cross Tucks | 9) Flutter Kicks |
| 5) Reverse Crunches | 10) Plank Rock |

Duration: Under 10 minutes

Structure: 10 repetitions per exercise

Estimated Calorie Burned: 50 - 60Cals

4-Week HIIT Legs, Bums, Tums Beach Workout

Exercises:

- 1) Squat + Alternate Lunge
- 2) Side to Side Shuffle
- 3) Alternate Lunge Touch Down
- 4) Kangaroo Hops

Duration: Under 20 minutes

Structure: 4 Intervals per circuit (45secs Workout, 15 secs Rest). Repeat 4 circuits.

*Rest 1 min in between circuits.

Estimated Calories Burned: 160 - 200Cals (based on 2 circuits)

*Repeat the video twice

30-Minute Strong Core Slim Waist

Exercises

- 1) Plank to Chair - 5 reps
- 2) Standing Mermaid - 10 reps on each side
- 4) All Fours Floating Kicks - 10 reps on each side
- 3) Plank to Downward Dog - 10 reps on each side
- 5) Ab Fold - 15 reps

Duration: Under 30 minutes

Structure: Repeat 2 circuits

Estimated Calories Burned: 150 - 170 (based on 2 circuits)

**8 weeks from now,
you'll thank yourself!**

**#JSohFIT2017 #JSohMakeover
@JoannaSohOfficial**

8-Week Body Transformation (Week 3 & 4) #JSohActive

WARM UP (5 – 10 Mins)

How to do a Proper Warm Up Before Exercising

(Video Link: <https://youtu.be/BWrfh423uFc>)

MONDAY (LOWER BODY STRENGTH)

4-Minute High Intensity Fat Burning Legs Workout (x2)

(Video Link: https://youtu.be/nL8UWtk_k8w)

4-Week to Strong Lean Sexy Legs & Abs (x2)

(Video Link: <https://youtu.be/UqFzWx8X5AM>)

Inner Thigh & Slim Waist Workout

(Video Link: <https://youtu.be/UqFzWx8X5AM>)

WEDNESDAY (UPPER BODY STRENGTH)

4-Minute Sexy & Sculpted Arms Exercises (x2)

(Video Link: <https://youtu.be/2bkk2126w70>)

10-Minute Arms, Abs, Shoulders Beach Body (x2)

(Video Link: <https://youtu.be/QVK9lCQpu94>)

How to Lose Back Fat (x2)

(Video Link: <https://youtu.be/oDgab1SMGz4>)

FRIDAY (CORE)

4-Minute High Intensity Fat Burning Ab Workout (x2)

(Video Link: <https://youtu.be/XIFRAMhz5cg>)

5-Minute Lower Ab & Love Handle Exercises (x2)

(Video Link: <https://youtu.be/1WNUM86mE4M>)

4-Minute Plank

(Video Link: <https://youtu.be/d4BlfRWm7uA>)

TUESDAY, THURSDAY & SATURDAY (HIIT CARDIO)

15-Minute Beginner Boot Camp (x2)

(Video Link: <https://youtu.be/C-ju8fCYnhI>)

or

30-Minute Cardio & Core

(Video Link: <https://youtu.be/uhAMPjdgtp8>)

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Quick Full Body Stretches & Cool Down

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COMPLETE WORKOUT LIST

How to do a Proper Warm-Up Before Exercising

Exercises:

Cardio

- 1) Jump Rope
- 2) Overhead Reach & Crunch
- 3) Jumping Jacks
- 4) Lateral Step Toe Touch
- 5) Cross Jacks

Dynamic Stretches

- 1) Lunge with Overhead Reach
- 2) Alternating Side Lunge
- 3) Inchworm
- 4) Glute Bridge
- 5) Kneeling Extension Rotation

Duration: 5 minutes

Structure: 10 exercises, 30 seconds each with no rest in between.

4-Minute High Intensity Fat Burning Legs Workout

Exercises:

- 1) In & Out Squats
- 2) Rotate Squat Jumps
- 3) Lateral Jumps
- 4) Jumping Lunges

Duration: 4 minutes per circuit

Structure: 4 exercises, 8 intervals per circuit (20secs workout, 10secs rest)

Rest Time: 1 minute in between each circuit.

Estimated Calories Burned: 35 - 50Cals per 4-minute circuit

***Repeat the video twice and complete 2 circuits under 10 minutes.**

4-Week to Strong, Lean, Sexy Legs & Abs

Exercises:

- 1) Curtsy Lunge & Lean
- 2) Lunge Knee Hop
- 3) Plank Squat
- 4) Cross Squat
- 5) Chair Twist

Duration: Under 10 minutes

Circuit: 5 exercises. 5 Intervals per circuit (30secs Workout, 15secs Rest)

Repeat 2 - 4 circuits.

Rest Time: 1 minute in between circuits.

Estimated Calories Burned: 100 - 130Cals (based on 2 circuits)

Inner Thigh & Slim Waist Workout

Exercises:

- 1) Sumo Squat & Twist (right)
- 2) Sumo Squat & Twist (left)
- 3) Sumo Squat to Side Raise (right)
- 4) Sumo Squat to Side Raise (left)
- 5) Jump Side to Side
- 6) Mountain Climber & Jack Plank

Duration: Under 14 minutes

Structure: 6 exercises, 6 intervals per circuit (45secs workout, 15secs rest).

Repeat the circuit twice.

Rest Time: 1 minute in between each circuit.

Estimated Calories Burned: 90 - 110 Calories (based on 2 circuits)

4-Minute Sexy & Sculpted Arms Exercises

Exercises

- 1) Wide to Narrow Push-ups
- 2) Tricep Dips
- 3) Pike Push-ups
- 4) Plank Up-Down

Duration: 4 minutes per circuit

Structure: 4 exercises, 8 intervals per circuit (20secs workout, 10secs rest)

Rest Time: 1 minute in between each circuit

Estimated Calories Burned: 35 - 50 calories per 4-minute circuit

***Repeat the video twice and complete 2 circuits under 10 minutes.**

10-Minute Arms, Abs, Shoulders Beach Body (x2)

Exercises

- 1) Push-Up Fold
- 2) Dolphin Plank
- 3) In & Out Tucks
- 4) Plank Up Down

Duration: Under 10 minutes

Structure: 4 exercises, 4 intervals per circuit (45secs workout, 15secs rest)

Complete 2 circuits.

Rest Time: 1 minute in between each circuit

Estimated Calories Burned: 75 - 85Cals

How to Lose Back Fat (x2)

Workouts:

- 1) Deadlift**
- 2) Bent-over Row**
- 3) Reverse Fly**

Duration: 10 Minutes (x2 sets)

Structure: 3 exercises, 15 - 20 reps each. Repeat 3 - 4 sets.

Rest Time: 30 - 60 seconds in between each set

Estimated Calories Burned: 35 - 50 calories per 2 sets.

4-Minute High Intensity Fat Burning Ab Workout

Exercises:

- 1) Mountain Climber**
- 2) Twisting Knee Tucks**
- 3) Plank Jacks**
- 4) Froggie**

Duration: 4 minutes per circuit

Structure: 4 exercises, 8 intervals per circuit (20secs workout, 10secs rest)

Rest Time: 1 minute in between each circuit

Estimated Calories Burned: 35 - 50 calories per 4-minute circuit

***Repeat the video twice and complete 2 circuits under 10 minutes.**

5-Minute Lower Ab & Love Handle Exercises

Exercises

- 1) Half V-Tucks**
- 2) Russian Twist**
- 3) Cross Crunch to Downwards Dog**
- 4) Plank Hip Dip**

Duration: 5 minutes (based on 2 circuits).

Structure: 4 exercises. 4 intervals (30secs per exercise).

Interval: Complete 30 seconds for each exercise back-to-back without rest.

Rest Time: 30 seconds in between circuit.

Estimated Calorie Burned: 35 - 40Cals (based on 2 circuits).

***Repeat the video twice and complete 4 circuits under 10 minutes.**

4-Minute Plank

Exercises:

- | | |
|----------------------|-----------------------|
| 1) Plank Hip Dips | 5) Spiderman Plank |
| 2) Plank Cross Touch | 6) Lateral Plank Walk |
| 3) Plank Jacks | 7) Plank Knee Tucks |
| 4) Push-Up to Plank | 8) Reverse Plank |

Duration: 4 minutes

Circuit: 8 exercises. 8 Intervals.

Interval: 30secs each plank back-to-back without any rest in between.

Estimated Calories Burned: 30 - 35Cals (based on 1 circuit)

15-Minute Beginner Boot Camp Workout

Exercises:

5-Minute Cardio / Warm Up

- 1) Leg Curls
- 2) Side Shuffle Touchdown
- 3) Low Square Walk
- 4) Burpees to Sprint
- 5) Groiners

4-Minute Lower Body

- 1) Forward to Back Lunge (Right)
- 2) Forward to Back Lunge (Left)
- 3) Squat with Side Kicks
- 4) Sumo Squat Pulses

3-Minute Core

- 1) Full Crunch Extension
- 2) Superman Squeeze
- 3) Mountain Climber

2-Minute Upper Body

- 1) Knee Push-ups
- 2) Plank Up-Down

1-Min Plank

Duration: 15 minutes

Intervals: 40secs Workout, 20secs Rest

Sets: Beginner 1 or 2 sets, Intermediate - 2 or 3 sets

Estimated Calories Burned: 140 - 170Cals per set

Progression: Increase workout time to 45 - 50 seconds and decrease rest time to 10-15 seconds. Lift some weights too.

30-Minute Cardio & Core

Exercises

4mins cardio

- 1) Shutter Steps
- 2) Jump squats + 4 punches.
- 3) Up Down Plank Hop
- 4) Wide Squat burpees

2mins Core

- 1) Knee Tucks
- 2) Toe Touch Crunch
- 3) Planks Knee Touches

4mins cardio

- 1) Jump Ropes
- 2) Hop Side to Side
- 3) Cross Jump Squat & Punches
- 4) Groiners

2mins core

- 1) Hand to Foot Crossover (right side)
- 2) Hand to Foot Crossover (left side)
- 3) Superman

Duration: 30 minutes

Intervals: 40secs Workout, 20secs Rest

Sets: Beginner - 1 or 2 sets. Intermediate - 2 or 3 sets

Estimated Calories Burned: 140 - 170Cals per set

Progression: Increase workout time to 45 - 50 seconds and decrease rest time to

Estimated Calories Burned: 250 - 300Cals (based on 2 circuits)

**STOP WISHING,
START DOING!**

**#JSohActive #JSohMakeover
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