

<b>Love Handle Burner Log</b>					
<b>Week 1 Circuit</b>	<b>Set 1,2,&amp; 3</b>		<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
Beginner	Hip Bridge (40 reps)				
Rest (10-20 sec between each circuit)	Side Bridge L (25 sec)				
	Side Bridge R (25 sec)				
	Mountain Climber (20 cycles)	Total Time (9 min)			
<b>Week 2 Circuit</b>					
	Sumo Squats w/ a twist (15 reps)				
	Plank (40 sec)				
	Laying Windshield Wipers (15 cycles)	Total Time (9 min)			
<b>Week 3 Circuit</b>					
Advanced	Wall Sits w/ R Band Front Deltoid Raises (50 sec)				
Rest Optional	Swimmer (20 cycles)				
	V w/ Crunch (25 reps)	Total Time (9 min)			
<b>Week 4 Circuit</b>					
	L Leg Hip Bridge (20 reps)				
	R Leg Hip Bridge (20 reps)				
	Elevated Push Up Plank (40 sec)				
	Russian Twist (25 cycles)	Total Time (9 min)			
<b>Week 5 Circuit</b>					
	Burpee w/ a Jump (20 reps)				
	Elevated Side Bridge L (25 sec)				
	Elevated Side Bridge R (25 sec)				
	Stationary Lunge w/ a (8 cycles)	Total Time (9 min)			
<b>Week 6 Circuit</b>					
	Hip Bridge w/ Stability Ball (30 reps)				
	Prone Pike w/ Stability Ball (30 sec)				

	Side Wiggle w/ R Band R (25 reps)				
	Side Wiggle w/ R Band L (25 reps)				
	Peter Pan (40 sec)	Total Time (9 min)			
<b>Week 7 Circuit</b>					
	Superman (40 sec)				
	L Leg Hip Bridge w/ Stability Ball (20 Reps)				
	R Leg Hip Bridge w/ Stability Ball (20 Reps)				
	Hip Thrusts (20 reps)				
	3 Point Bridge w/ Leg Lift (20 cycles)	Total Time (9 min)			
<b>Week 8 Circuit</b>					
	Elevated Side Bridge w/ Crunch L (15 reps)				
	Elevate Side Bridge w/ Crunch R (15 reps)				
	Leg Curl w/ Stability Ball (40 sec)				
	Spiderman Push Ups (40 sec)				
	Roman Sit Up w/ Stability Ball (40 sec)	Total Time (9 min)			

<b>Love Handle Burner Journal</b>				
	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
<b>Weight (lbs)</b>				
<b>Waist (in)</b>				
<b>Biceps (in)</b>				
<b>Triceps (in)</b>				
<b>Thighs (in)</b>				
	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>	<b>Week 8</b>
<b>Weight (lbs)</b>				
<b>Waist (in)</b>				
<b>Biceps (in)</b>				
<b>Triceps (in)</b>				
<b>Thighs (in)</b>				