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**BUSY BODY  
KICKSTART  
WORKOUT  
GUIDE**

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# BUSY BODY KICKSTART WORKOUT GUIDE



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# BUSY BODY KICKSTART WORKOUT GUIDE



## Need a quick simple workout?

Don't Have a huge amount of time? Well- I got you! Kick your butt into year Enjoy these 5 awesome workouts. Best part you can do this just about anywhere. No gym or any equipment is needed.

You don't need countless hours to get these in, all you need is a clear surface at home, or wherever and your ready to hit your core up hard. Every exercise in this manual is clickable and will bring you do an outside link referencing how do the exercise properly. Don't be afraid to modify any exercises to your own needs.

Can be done with or without a weight! Please make sure you're comfortable with whatever what you choose 😊

Got a question? Reach out to Nicole Today!

Click [Here!](#)





# BUSY BODY KICKSTART WORKOUT GUIDE



## BELLY BURN AB WORKOUT #1

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Lets get this Belly Burn on! Try to do at least 2 rounds!

1 minute [Superman](#)

15 [Oblique side crunches](#)

12 [Flutter Kicks](#)

10 [Toe Touchers](#)

10 [Russian twists](#)

10 [Flutter Kicks](#)

25 [right side air bikes](#) Right side only

25 [left side air bikes](#) Left side only

30 [Air bikes](#)

10 Criss Cross [Toe Touchers](#) (Cross hands in front while doing this one)

10 [Russian twists](#)

10 [Air bikes](#)



# BUSY BODY KICKSTART WORKOUT GUIDE



## GET YOUR BELLY BURN ON! WORKOUT # 2

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Lets get this Belly Burn on! Try to do at least 2 rounds!

20 [Crunches](#)

20 [Reverse Crunches](#)

30 [Air bikes](#)

30 Seconds [Side Plank](#) Left

30 Seconds [Side Plank](#) Right

1 minute [Superman](#)

15 [left side air bikes](#) Left side only

15 [right side air bikes](#) Right side only

30 [Air bikes](#)

10 [Alterative toe touchers](#)

10 [Cross crunches](#)

10 [Cross body crunches](#)



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## GLUTES AND BOOTS

### WORKOUT # 3

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Whether you aren't able to get to a gym for whatever the reason and still need work out those sexy legs of yours here's some exercises to surely keep your hammies, quads and your ass in perfect shape.

Leg exercises 3X 8-10 (build up to 15 reps)

[Bodyweight squats](#)

[Static lunges](#)

[Glute Bridge](#)

[Donkey Kicks](#)

[Calf raises](#)



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## CARDIOBLAST WORKOUT # 4

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Set your clock and try to do this workout 3X's

1 Minute [Jumping Jacks](#)

1 Minute [Mountain climbers](#)

30 Seconds [Reverse Lunges](#)

30 Seconds [Wall sits](#)

1 Minute [Superman](#)

30 Seconds [Crunches](#)

30 Seconds [Push ups](#) (mod if needed on knees)

30 Seconds [Dips](#) (off chair or hard surface)

20 [Reverse Crunch](#)

Rest for 30 Seconds and Repeat as many times you can! Time yourself and challenge yourself each time. Let's do this! I want you to Push to your limit!



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## BUSY HOTTIE UPPER BODY WORKOUT # 5

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Set your clock and try to get as many rounds as you can!

1 Minute [Jumping Jacks](#)

30 seconds [Push ups](#) (mod if needed on knees)

30 seconds [Dips](#) (off chair or hard surface)

1 Minute [Plank](#)

1 Minute [Jumping Jacks](#)

30 Seconds [Mountain climbers](#)

30 Seconds [Push ups](#) (mod if needed on knees)

30 Seconds [Crab walks](#)





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## Want more? Lets work together!

Hope you enjoyed this workout guide! It's a perfect compliment to any existing workout especially for those days you just cannot make it to the gym. Why sweat it right? So many ways to workout

I am a Personal Trainer and Nutrition Coach and I am offering services both online coaching and on site personal training in South Eastern CT Area.

You want to get the max out of your workouts? Why go at it alone trying to piece meal out ideas of what the perfect workout and diet should be?

Why spend hours in the gym without getting any results!? There is a better way and with that way you still can have your cake!?! (well, sometimes ;) ) All in moderation!

Let's get in touch for your free consultation!

Button to website and to email

Click [Here](#) for your Free Consultation.

Email me @ [nr@nrfitt.com](mailto:nr@nrfitt.com)

