

## The Curvelle Lifestyle Exercise Plan™

### Beginner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>20-Min. Full-Body Circuit Training</b>	<b>20-Min. Booty Blast Cardio</b>	<b>Off / Rest &amp; Recover</b>	<b>20-Min. Full-Body Circuit Training</b>	<b>20-Min. Booty Blast Cardio</b>	<b>Off / Rest &amp; Recover</b>	<b>30-Min. Booty Blast Cardio</b>

- **Booty Blast cardio** can either be performed by walking on a treadmill, with maximum incline, taking longer steps (twice that as your regular stride), or walking outside, briskly, again taking longer strides.
- **Helpful Hints:** Option 1, follow the box below for structure in your workouts. Option 2, once you get the hang of it, on full body Circuit Training days, put together two sets of a leg, chest, back, arms, and shoulder exercise of your choice to equal 10 sets of exercises, and do 10 reps or 20 to 30 seconds of each.

#### Example: **20-Minute Full-Body Beginner Circuit Training**

Complete time for each exercise and rest for 10 to 15 seconds before starting the next exercise. After one full round of exercises, rest for two minutes, and then perform another full round, two more times, for a total of three rounds of this circuit.

<b>Push-ups</b> (from knees or toes on floor)	<b>20 seconds</b> (or as many repetitions as you can)
<b>Step-ups</b> (on bench or block)	<b>30 seconds</b> (or as many repetitions as you can)
<b>Biceps Curls</b> (standing, using stretch band)	<b>20 seconds</b> (or as many repetitions as you can)
<b>Walking Lunges</b> (at least five consecutive steps)	<b>30 seconds</b> (or as many repetitions as you can)
<b>Shoulder Presses</b> (standing, using stretch band)	<b>20 seconds</b> (or as many repetitions as you can)
<b>Chest Press with Dumbbells</b> (lying on back)	<b>30 seconds</b> (or as many repetitions as you can)
<b>Triceps Kickbacks</b> (bentover with dumbbells)	<b>20 seconds</b> (or as many repetitions as you can)
<b>Jumping Jacks</b> (standing in place)	<b>30 seconds</b> (or as many repetitions as you can)
<b>Pop Squats</b> (holding onto a chair or pole)	<b>20 seconds</b> (or as many repetitions as you can)
<b>Abdominal Crunches</b> (on floor)	<b>30 seconds</b> (or as many repetitions as you can)

For more guidance and inspiration, along with the complete 9-week nutrition and exercise plan, plus your personal day-by-day journal, read "The Curvelle Lifestyle: 9-Weeks to Slimmer Thighs, Tighter Buttocks, and Sexier Curves," by Jenny Hendershott and Stephen Adele. You can purchase a copy today at Amazon.com

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## Intermediate

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30-Min. Chest and Triceps Superset Training &amp; Booty Blast Cardio</b>	<b>30-Min. Legs and Butt Superset Training &amp; 15-minute walk at your pace</b>	<b>30-Min. Body Challenge</b>	<b>30-Min. Back and Biceps Superset Training &amp; Booty Blast Cardio</b>	<b>30-Min. Shoulder and Ab Superset Training</b>	<b>30-Min. Butt-Blaster Cardio or Body Challenge</b>	<b>Off / Rest and Recover</b>

- Booty Blast cardio** (20 minutes) can either be performed by walking on a treadmill, with maximum incline, taking longer steps (twice that as your regular stride), or walking outside, briskly, again taking longer strides.
- For the **Body Challenge**: Walk three minutes to warm up. Minute 3–4 is nonstop mountain climbers. Minute 4–5, roll over and do crunches. Minute 5–6, get back up and walk quickly with short steps. Repeat this process for a total of 20 minutes.
- Superset Training** can be any exercise followed by another exercise not related to the primary body part with no time wasted in-between sets. (Example, 1 set of 12 shoulder presses immediately followed by 20 crunches. Repeat for three sets of each.)
- Helpful Hint**: On circuit-training days, do three sets of each exercise for each body part, choosing five different exercises for each body part, and complete 10 to 12 reps for each set.

### Example: **30-Minute Chest and Triceps Superset Training for the Intermediate**

Complete each exercise and roll right into the next exercise taking little to no break. After one full round of supersetting a chest and triceps exercise, rest for one minute, and then perform another full round and repeat the process to equal three sets of each total. (Intermediates should do three sets of 10 to 12 reps for five different exercises each body part.)

<b>Push-ups</b> (from toes on floor or using push-up bars)	<b>1 set of 10</b> Supersetted with spider walks
<b>Spider Walks</b>	<b>1 set of 12</b> (right and left equals 1 rep) Complete this superset three times
<b>Up and Overs on a Step</b>	<b>1 set of 10</b> (over and back equals 1 rep), Supersetted with triceps kickbacks
<b>Triceps Kickbacks</b>	<b>1 set of 12</b> Complete this superset three times
<b>Chest Presses</b> (lying on step or bench with dumbbells)	<b>1 set of 12</b> Supersetted with triceps pushups
<b>Triceps Pushups</b> (elbows in, not out)	<b>1 set of 10</b> (you can do this on an incline if needed) Complete this superset three times
<b>Bear Crawl Pushups</b>	<b>1 set of 10</b> (out and back is 1 rep, feet stay stationary) Supersetted with triceps extensions
<b>Triceps Extensions</b> (overhead, using stretch band or dumbbells)	<b>1 set of 12</b> Complete this superset three times
<b>Bear Hug Flyes</b> (lying on step and arms open)	<b>1 set of 12</b> Supersetted with dips
<b>Dips</b>	<b>1 set of 10</b> Complete this superset three times

- \*Superset Training** can be any exercise followed immediately by another exercise with no time wasted in-between sets. (Example, one set of 10 push-ups and then right into one set of spider walks for 12 reps. Repeat each of these two exercises for three sets and then take a one-minute break before moving on to the next superset.)
- \*Active rest**—there is no rest in-between each exercise performed until the entire circuit is completed.

For more guidance and inspiration, along with the complete 9-week nutrition and exercise plan, plus your personal day-by-day journal, read "The Curvelle Lifestyle: 9-Weeks to Slimmer Thighs, Tighter Buttocks, and Sexier Curves," by Jenny Hendershott and Stephen Adele. You can purchase a copy today at Amazon.com

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## Advanced

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30-Min. Chest Superset Training &amp; 30 minutes of Advanced Body Challenge</b> *Active rest	<b>30-Min. Leg and Butt Superset and Triple-Set Training &amp; 30 minutes of cardio of your choice</b> *Active rest	<b>30-Min. Arms and Abs Superset and Triple-Set Training</b> *Active rest	<b>30-Min. Back Circuit Training &amp; 30 minutes of Booty Blast Cardio</b> *Active rest	<b>30-Min. Shoulder Superset and Triple-Set Training &amp; 30 minutes of Advanced Body Challenge</b> *Active rest	<b>30-Min. Steps of Hell of your choice</b>	<b>30–45 Min. of cardio of your choice</b>

- **Booty Blast cardio** can either be performed by walking on a treadmill, with maximum incline, taking longer steps (twice that as your regular stride), or walking outside, briskly, again taking longer strides.
- For the **Body Challenge**: Walk for 2 minutes. Minute 2–3 is nonstop pushups. Minute 3–4, roll over and do nonstop full-range sit-ups. Minute 4–5, do nonstop mountain climbers. Minute 5–6, get back up and walk quickly with short steps. Repeat this process for 30 minutes.
- **Steps of Hell** can be performed on a stair stepper, a step mill, or at a local high school track or park. You will run the stairs or go full force on a machine for one minute and slow your pace for a minute and then repeat until 30 minutes have been completed.
- **Superset Training** can be any exercise followed by another exercise not related to the primary body part with no time wasted in-between sets. (See example below)
- **Triple-Set Training** can be any exercise followed by another exercise and then followed by a third exercise with no wasted time in-between sets. (See example below.)
- **Active rest**—there is no rest in-between each exercise performed until the entire circuit is completed.
- **Helpful Hint**: On circuit-training days, do four sets of each exercise for each body part, choosing 7 to 10 different exercises for each body part and complete 10 to 15 reps for each set.

Example: 30 minutes of Legs and Butt Superset Training for the Advanced	Complete each exercise and roll right into the next exercise taking little to no break. After one full round of supersetting or triple-setting leg exercises, rest for one minute, and then perform another full round and repeat the process to equal three or four sets of each exercise. (Do three to four sets and 12 to 15 reps of 7 to 10 different exercises each body part.)
<b>Step-ups</b> (on bench or block, non-weighted or using dumbbells hanging by your sides)	<b>1 set of 10, each leg</b> (up, up, down, down is 1 rep) supersetted with pop squats
<b>Pop Squats</b>	<b>1 set of 15</b> , triple set with walking lunges
<b>Walking Lunges</b> (at least five consecutive steps, holding dumbbells on your sides)	<b>1 set of walking lunges</b> (alternating lunging 10 on each leg) Complete this triple set three times
<b>Alternating Sway Lunges</b>	<b>1 set of 10</b> No super or triple set! Just 4 sets with 1-minute rest in-between.
<b>Standing to Seated Squats</b> (feet shoulder width apart, sit butt to heels)	<b>1 set of 15</b> , supersetted with deadlifts
<b>Straight-Legged Bent-Over Deadlifts with Dumbbells</b>	<b>1 set of 15</b> , triple set with duck walks
<b>Duck Walks</b>	<b>1 set of 10</b> (alternating right and left equals 1) Complete this triple set three times
<b>Ski Jumps</b>	<b>1 set of 10</b> supersetted with calf raises
<b>Calf Raises</b> (on stairs, raised box, or off of the floor)	<b>1 set of 15</b> Complete this superset four times

- **Superset Training** can be any exercise followed immediately by another exercise with no time wasted in-between sets. (Example, one set of 10 ski jumps and then right into one set of calf raises for 15 reps. Then take a one-minute break and repeat the superset for four sets total.)
- **Triple-Set Training** can be any exercise followed by another exercise and then followed by a third exercise with no wasted time in-between sets. (Example, one set of step-ups and then right into a set of pop squats and then right into a set of walking lunges. Then take a one-minute break and repeat the triple set for three sets total.)
- \* **Active rest**—there is no rest in-between each exercise performed until the entire circuit is completed.