

**L**<sup>3</sup>ive Lean w Lindy



**3 WEEK AT HOME  
FITNESS PROGRAM - ADVANCED**



## PLEASE NOTE:

It is imperative to warm up BEFORE each workout and cool down + stretch AFTER each workout.

» EXAMPLE WARM UP ACTIVITIES INCLUDE:

Walking in place, jogging in place, stair master, jumping jacks, stretching, ab twists, etc.

» EXAMPLE COOL DOWN ACTIVITIES INCLUDE:

Walking in place, jogging in place, stair master, jumping jacks, yoga, breathing exercises, etc.

- » You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity.
- » Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.
- » This site offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site. The use of any information provided on this site is solely at your own risk.

Developments in medical research may impact the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in this site will always include the most recent findings or developments with respect to the particular material.

- » If you are in the United States and think you are having a medical or health emergency, call your health care professional, or 911, immediately.

Certain health or medical material on this site may be sexually explicit. Please do not use this site if you would find these materials offensive.



## Workout Instructions:

- » Complete all four (4) weekly workouts to transform your body in three (3) weeks, burn fat, build muscle and look lean.
- » Complete two (2) days a week of cardio ( outdoor walk, run, bike or indoor cardio )
- » Videos included on my Youtube channel.
- » Maintaining proper form helps prevent injuries and ensures that you're getting the most out of your workout.
- » Take one (1) day of rest

## Equipment needed:

- » Long resistance bands (WOD Fitters)
- » Short resistance bands

## Additional Tips:

Maintaining a healthy, plant-based diet will help fast track your results. Follow along with the L3 Meal plan.

# Week 1:

## Day 1

- » 5 minute warm-up
- » Jumping Jacks - 3 X 30
- » Lunges w/ a Lat Pulldown - 3 X 10
- » Bicep Curls - 3 X 10
- » Tricep Dips - 3 X 10
- » Low Banded Squats - 3 X 10
- » High-Low Plank - 3 X 10
- » Plank holds - 3 rounds of 1 minute holds.
- » Burpees - 3 X 10
- » 5 minute cool down and stretch

## Day 3

- » 5 minute warm-up
- » Squat jumps - 3 X 10  
(w/ a resistance band around your knees)
- » Stationary Squats - 3 X 10  
(w/ band above your knees)
- » Burpees - 3 rounds of 10
- » High Knees - 3 X 30 seconds
- » Rear Fly w/ resistance band - 3 X 10
- » Plank Holds - middle and each side - 3 rounds of each - 1 minute holds.
- » Tricep Extension w/ band - 3 X 10
- » Glute series w/ band - 3 X 10 (each exercise)
- » Butt kicks - 3 X 30 seconds.
- » 5 minute cool down and stretching.

## Day 4

- » 5 minute warmup
- » Low Banded Squat Shuffles - 3 X 10 shuffle steps ( 5 going one way, 5 coming back )
- » Stationary squats w/ band - 3 X 10
- » Tricep Dips - 3 X 10
- » Squat Jumps - 3 X 10
- » Basic Sit-ups + cross reach - 3 X 10
- » Calf Raises - 3 X 20
- » Rear Fly w/ band - 3 X 10
- » Burpees - 3 X 10
- » Tuck hollows and hollow holds - 3 X 20 tuck hollows followed by a 20 second hollow hold
- » 5 minute cool down and stretching

## Day 6

- » 5 minute warm-up
- » Lunges w/ a Lat-Pulldown - 3 X 10
- » Squats w/ an overhead press - 3 X 10
- » Bench Press w/ bands - 3 X 10
- » Glute Bridges + Clam - 3 X 10
- » Jumping Jacks - 3 X 20
- » Mountain Climbers - 3 X 30
- » Plank holds - middle and each side (60 seconds each. 3 rounds of all 3 holds)
- » 5 minute cool down and stretch

# Week 2:

## Day 1

- » 5 minute warm-up
- » Squats w/ a small resistance band around legs above knees - 3 X 10
- » Squat Jumps w/ band - 3 X 10
- » Push-ups to donkey kick to handstand - 3 X 10
- » Reverse Lunges - 3 X 10 (each leg)
- » Split Jumps - 3 X 10
- » Calf Raises - 3 X 30
- » Push-ups - 3 X 10
- » High plank - middle and sides - 3 X :60 second holds.
- » Burpees - 3 X 10
- » Tuck Hollows - 3 X 20
- » Tricep Extensions w/ band - 3 X 10
- » 5 minute cool down and stretch

## Day 3

- » 5 minute warm-up
- » Squats w/ a shoulder press w/ band - 3 X 10
- » Incline push-ups - 3 X 15
- » Burpees - 3 X 15
- » High Knees - 3 X 30 seconds
- » Mountain Climbers - 3 X 30
- » Plank Holds - middle and each side - 3 X 60 seconds
- » Tricep Extension w/ band - 3 X 10
- » Butt Kicks - 3 X 30 seconds
- » Upright Rows w/ band - 3 X 10
- » Single Leg Glute Bridges - 3 X 15 each leg
- » 5 minute cool down and stretching.

## Day 4

- » 5 minute warm-up
- » Glute series with band - 3 X 10 (each exercise)
- » Squat jumps - 3 X 10
- » Basic Sit-ups and cross reach - 3 X 10 (20 sit-ups followed by 10 cross reaches)
- » Calf Raises - 3 X 30
- » Burpees w/ a Tuck Jump - 3 X 10
- » V-ups - 3 X 15
- » Reverse Lunges w/ back leg lifted - 3 X 10 (each leg)
- » Upright rows w/ band - 3 X 15
- » 5 minute cool down and stretching

## Day 6

- » 5 minute warm-up
- » Lunges w/ a Lat-Pulldown - 3 X 10
- » Squats w/ an overhead press - 3 X 10
- » Glute Bridges + Clam - 3 X 10
- » Glute Bridges - 3 X 20
- » Single Leg Glute Bridges - 3 X 10 each leg
- » Jumping Jacks - 3 X 50
- » Incline push-ups - 3 X 15
- » Burpees w/ a Tuck Jump - 3 X 15
- » Bicep Curls - 3 X 20
- » Cross reach sit-up - 3 X 20
- » Tuck Hollows + hollow holds - 20 tuck hollow followed by a 30 second hollow hold X 3
- » 5 minute cool down + stretch

# Week 3:

## Day 1

- » 5 minute warm-up
- » Squats - 3 X 10  
(w/ resistance band around legs above knees)
- » Squat Jumps w/ resistance band - 3 X 5
- » Side Shuffles w/ band - 5 steps to one side, 5 steps back - X 3
- » Stationary Squats - 3 X 10
- » Regular Lunges - 3 X 10
- » Split Jumps - 3 X 20
- » Incline Push-ups - 3 X 10
- » High Plank - middle and sides - 60 second holds X 3 for all 3
- » Bicep Curls w/ band - 3 X 15
- » Crunches (regular) - 3 X 20
- » Tricep Extensions w/ band - 3 X 10
- » 5 minute cool down and stretch

## Day 3

- » 5 minute warm-up
- » Squats w/ a shoulder press w/ band - 3 X 10
- » Burpees - 3 X 10
- » High Knees - 3 X 30 seconds
- » Plie Squats w/ a calf raise - 3 X 10
- » Plank Holds - middle and each side  
(3 rounds of each X 60 seconds)
- » Upright Rows w/ band - 3 X 10
- » Butt Kicks - 3 X :30 seconds
- » Squat Holds - 3 X 10  
(hold 10 seconds at the bottom of squats)
- » Glute Series w/ band - 3 X 10 (each exercise)
- » 5 minute cool down and stretching.

## Day 4

- » 5 minute warmup
- » Jumping Jacks - 3 X 50
- » Glute Series w/ band - 3 X 10 (each exercise)
- » Tricep Dips - 3 X 10
- » Push-up to donkey kick to handstand - 3 X 10
- » Squat Jumps - 3 X 10
- » Banded Bench Press - 3 X 10
- » Basic Sit-ups and cross reach.  
20 sit-ups followed by 10 cross reaches. - 3 X 10
- » Calf Raises - 3 X 50
- » Burpees w/ a tuck jump at the top - 3 X 10
- » 5 minute cool down and stretching

## Day 6

- » 5 minute warm-up
- » Lunges w/ a lat-pulldown - 3 X 10
- » Squats w/ an overhead press - 3 X 10
- » Glute Bridges + Clam - 3 X 10
- » Single Leg Glute Bridges - 3 X 10.
- » Glute Bridges - 3 X 20
- » Jumping Jacks - 3 X 50
- » Glute Series w/ band - 3 X 10 (each exercise)
- » Burpees w/ a tuck jump - 3 X 10
- » Bicep Curls w/ band - 3 X 20  
(w/ 15 pulses after each round)
- » Tuck Hollows - 3 X 20
- » Plank Holds - middle and both sides - 3 X 60 seconds each plank
- » 5 minute cool down + stretching