

# CHATELAINÉ

PRESENTS

# THE 12 DAYS OF FITNESS

YOU NEED



3- AND 5-POUND  
DUMBBELLS

FEATURING CELEBRITY TRAINER RAMONA BRAGANZA'S

**3-2-1 TRAINING METHOD**

**3 Cardio** to get the weight off **2 Circuit** to build lean muscles **1 Core** for flat abs

## ALWAYS FOLLOW THIS FORMULA

- ① Minute **Cardio**
- ③ Minutes **Circuit** (1 minute each x 3 exercises)
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- ③ Minutes **Circuit** (1 minute each x 3 exercises)
- ① Minute **Cardio**
- ① Minute **Core** (hold 1 exercise for 1 minute)

## HERE'S WHAT **DAY 1** WILL LOOK LIKE

- 1 Minute Cardio**
  - Dancing
- 3 Minutes Circuit**
  - 1 min Push-Ups (from knees)
  - 1 min Squats
  - 1 min Lateral Raises
- 1 Minute Cardio**
  - Dancing
- 1 Minute Core**
  - Plank



# THE WORKOUT

## DAY 1

### CARDIO

- Dance to high-energy music

### CIRCUIT

- Push-Ups (from knees)
- Squats
- Lateral Raises with 3-pound dumbbells

### CORE

- Plank

## DAY 2

### CARDIO

- Jump rope

### CIRCUIT

- Bent-Over Reverse Flys with 3-pound dumbbells
- Forward Lunges
- Shoulder Presses with 3-pound dumbbells

### CORE

- Sit-Ups

## DAY 3

### CARDIO

- Jog on the spot

### CIRCUIT

- Push-Ups (from knees)
- Squats
- Tricep Kickbacks with 3-pound dumbbells

### CORE

- Side Plank (hold for 30 seconds on each side)

## DAY 4

### CARDIO

- Jump rope

### CIRCUIT

- Bent-Over Reverse Flys with 3-pound dumbbells
- Forward Lunges
- Shoulder Presses with 3-pound dumbbells

### CORE

- Superman

## DAY 5

### CARDIO

- Jumping jacks

### CIRCUIT

- Push-Ups (as many as you can on toes, then drop to knees)
- Sumo Squats with 5-pound dumbbells
- Tricep Kickbacks with 3-pound dumbbells

### CORE

- Mountain Climbers

## DAY 6

### CARDIO

- Dance to high-energy music

### CIRCUIT

- Bent-Over Reverse Flys with 5-pound dumbbells
- Dead Lifts with 5-pound dumbbells
- Squats with 5-pound dumbbells

### CORE

- Plank

## DAY 7

### CARDIO

- Jog up and down a flight of stairs

### CIRCUIT

- Bent-Over Dumbbell Rows with 5-pound dumbbells
- Sumo Squats with 5-pound dumbbells
- Tricep Kickbacks with 3-pound dumbbells

### CORE

- Side Plank (hold for 30 seconds on each side)

## DAY 8

### CARDIO

- Jog on the spot with high knees

### CIRCUIT

- Dead Lifts with 5-pound dumbbells
- Squats with 5-pound dumbbells
- One-Leg Bicep Curls with 5-pound dumbbells

### CORE

- Mountain Climbers

## DAY 9

### CARDIO

- Jumping jacks

### CIRCUIT

- Push-Ups (as many as you can on toes, then drop to knees)
- Bulgarian Squats\*
- Shoulder Presses with 5-pound dumbbells

### CORE

- Sit-Ups

\*see video for demonstration

## DAY 10

### CARDIO

- Dance to high-energy music

### CIRCUIT

- Overhead Tricep Presses
- Tricep Dips
- Sumo Squats with 5-pound dumbbells

### CORE

- Superman

## DAY 11

### CARDIO

- Jump rope

### CIRCUIT

- Dead Lifts with 5-pound dumbbells
- Lateral Raises with 5-pound dumbbells
- One-Leg Bicep Curls with 5-pound dumbbells

### CORE

- Plank

## DAY 12

### CARDIO

- Jog up and down a flight of stairs

### CIRCUIT

- Bent-Over Dumbbell Rows with 5-pound dumbbells
- Dead Lifts with 5-pound dumbbells
- Sumo Squats with 5-pound dumbbells

### CORE

- Mountain Climbers



# THE MOVES



Bent-Over Dumbbell Row



Bent-Over Reverse Fly



Dead Lift



Lateral Raise



Mountain Climber



One-Leg Bicep Curl



Overhead Tricep Press



Plank



Push-Up



Shoulder Press



Side Plank



Sit-Up



Squat



Sumo Squat



Superman



Tricep Kickback



Tricep Dip