

Super Sexy **Workout Guide**



Disclaimer:

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 any 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.

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.

Release of Liability:

Because physical exercise can be strenuous and subject to risk of serious injury, I strongly urge you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You agree that by participating in physical exercise or training activities, you do so entirely at your own risk. Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and premises and assume all risks of injury or illness.

I further agree to release, indemnify and hold harmless Svelte LLC, and Meredith Shirk from any liability whatsoever for future claims presented by my children for any injuries, losses or damages.

Super Sexy Workout Guide!

Provided below are your **3 Super Sexy Workouts**. Use these workouts 3 times a week over your 21-day program! For faster results you can stack these workouts back to back OR perform them 4-5 times a week!

Each workout is quick, uses ONLY your bodyweight and is meant to get your blood flowing so that you can *feel confident, sexy and in control!*

On the days you are not working out, make sure that you get outside and move!

It is so important that you keep active each and everyday as it is essential not just for the health of your libido, but for your body and mind as well! Your exercise on your days off can be as simple as playing with your kids outside, or going on a hike with your loved one!

A little bit goes a long way.

Your Workouts:

* Download and save this PDF on your computer. Use this as a reference for the follow along workouts.

Warm-up:

Get Movin'

*Always begin and end your workouts by closing your eyes and taking 5 deep breathes in through your nose, releasing the breath out through your mouth.

| Exercise | Repetitions |
|------------------|--------------------------|
| Good mornings | 10 |
| Squat-twist | 10 (5 each side) |
| Squat reach | 10 (5 each side) |
| Jogging in place | 20 seconds |
| Arm Circles | 8 forwards – 8 backwards |

Workout #1:

Total Body Love

- Perform your warm-up (above)
- Perform these exercises back to back, resting when indicated
- Repeat this entire set 3 times** (4 if you are feeling extra sexy).

| Exercise | Repetitions |
|--|-------------------------------|
| Squats | 10 |
| Pushups | 5 |
| Mt. Climber variation (Across Center & Wide) | 12 (2 each position each leg) |
| Plank | 20-second count |
| REST | 1-minute |
| RDL | 10 |
| Opposite arm-opposite leg | 10 (5 each side) |
| Jumping Jacks | 15 |
| REST | 1-minute |
| <i>Repeat Set</i> | <i>Repeat Set</i> |

Workout #2:

Get Sweat to Get Sexy

- Perform your warm-up (above)
- Perform these exercises back to back, resting when indicated.
- Repeat this entire set 3 times** (4 if you are feeling extra sexy).

| Exercise | Repetitions |
|--------------------------|--------------------------|
| Sumo Squats | 10 |
| High knees in place | 15-second count |
| Donkey Kicks | 12 (6 on each leg) |
| Plank | 20-second count |
| REST | 1-minute |
| Reverse lunges | 10 (5 each leg) |
| Monkey Pumps | 10 |
| Step Forwards | 10 (5 each leg) |
| REST | 1-minute |
| <i>Repeat Set</i> | <i>Repeat Set</i> |

Workout #3:

Seductive Set

- Perform your warm-up (above)
- Perform these exercises back to back, resting when indicated
- Repeat this entire set 3 times** (4 if you are feeling extra sexy).

| Exercise | Repetitions |
|----------------------------|----------------------------|
| Curtsy squat | 10 (5 each leg) |
| Bent over deltoid squeezes | 10 |
| Plank | 20-second count |
| Donkey kicks | 16 (8 each leg) |
| REST | 1 minute |
| Jump squats | 10 |
| T-Y-I | 5 each position (15 total) |
| Burpee (no pushup) | 5 |
| REST | 1-minute |
| <i>Repeat Set</i> | <i>Repeat Set</i> |

Bonus Workout!

Body Rock

*A little more advanced!

- Perform your warm-up (above)
- Perform these exercises back to back, resting when indicated
- Repeat this entire set 3 times** (4 if you are feeling extra sexy).

| Exercise | Repetitions |
|--------------------------|--------------------------|
| Jumping jacks | 25 |
| Jump squats | 10 |
| Pass through | 6 |
| Pushups | 8 |
| REST | 1 minute |
| Jump pleà | 10 |
| High Knees | 30-second count |
| REST | 1-minute |
| <i>Repeat Set</i> | <i>Repeat Set</i> |