

WARRIOR *Babe*

At Home

DUMBBELL WORKOUT

12 WEEK PROGRAM



ABOUT ME

I started my fitness journey in 2015 with a burning desire to improve myself but without the knowledge on how to start.

At first, I fell victim to restrictive dieting and over training methods which didn't get me the results I was seeking. I felt defeated and continued to search for the right answers. After becoming a 3x professional athlete and a coach I now know why the methods I was doing before never worked. Now, it is my mission to help as many women, all over the world, achieve their own goals through realistic and sustainable measures.

I personally follow a flexible approach to food by tracking my macronutrients daily with room for more indulgent foods now and then. I no longer beat myself up for the food choices I make and have developed a loving relationship with food. I now know that food is fuel and a key ingredient to building muscle because building muscle is what developed a toned body shape.

I follow a 5 day split muscle focused workout routine and change this every 4 weeks. I do this to adapt my muscles to different challenges so my body never becomes stagnant and becomes stronger with the change of workouts I put it through.

I am now passing on my knowledge, with the help of the WarriorBabe Team, to 1000s of women all over the world to help them build a body they love and become stronger, more confident versions of themselves.



ABOUT WARRIORBABE

At WarriorBabe our mission is to help women who are fed up with unrealistic approaches to getting a toned body become stronger and more confident versions of themselves.

We help women by creating a social movement facilitated by training applications, informational products and physical products that carry out the message of strength and show the diet, and exercises practices required to achieve a toned body type and provide a safe environment and community to feel connected.

It is our goal to help as many women as possible to transform their bodies through realistic and sustainable measures. We preach the value of a lifestyle change to happen in all our customers and believe in the power of education and creating healthy habits to last a lifetime.

You can learn more by going to:
www.warriorbabe.com/pages/wbrevlong

YOU CAN CHECK OUT OUR PROGRAMS AND LEARN MORE BY GOING TO: WARRIORBABE.COM

THE AT HOME WORKOUT PROGRAM

It's common for women to think they have to be a gym member to achieve their desirable body shape. I am here to debunk that myth. This 6 week at home workout program was designed to help you tone and strengthen your body while at home.

This program was created with the ultimate goal to develop the muscle tone and definition required to change the shape of your body while at the same time create the environment to burn off excess body fat.

This approach is hands down the fastest way to change your body composition and is an absolute game changer for all women who apply it.

We are excited for you to have these workouts at your fingertips during this time so you can feel confident in your skin and see the changes happening even while at home!

Enjoy!



CORE CIRCUIT OPTIONS

Complete 1 of these circuits as a warm up before your workout or as a cool day after your workout.

2 ROUNDS

CORE CIRCUIT #1

FLUTTER KICKS	15 REPS EACH LEG
LEGS UP CRUNCHES	20 REPS
ELBOW PLANKS	1 MINUTE
REST FOR 30 SECONDS	REPEAT NEW ROUND

2 ROUNDS

CORE CIRCUIT #2

BICYCLE CRUNCHES	20 REPS EACH SIDE
HEEL TAPS	20 REPS EACH SIDE
RUSSIAN TWISTS	20 REPS EACH SIDE
REST FOR 30 SECONDS	REPEAT NEW ROUND



CARDIO BURN OPTIONS

Complete 1 of these cardio burns as assigned in programming.

CARDIO BURN #1

Complete 30 minutes of steady state cardio with the following options

IF YOU HAVE A TREADMILL follow these settings: Incline at 10 with speed alternating every 2 minute from 3.5 mph to 4.0 mph until complete

IF YOU HAVE A BICYCLE: Alternating every 2 minutes from resistance of 8 to 10 until complete

IF YOU UTILIZE THE GREAT OUTDOORS follow these settings:

BRISK WALKING: Alternating between a jog for 2 minute and a walk for 1 minute until complete

HILLS: Alternate between running up the hill then slowly walking down the hill until complete.

CARDIO BURN #2

HIGH KNEES

JUMPING JACKS

POP SQUATS

MOUNTAIN CLIMBERS

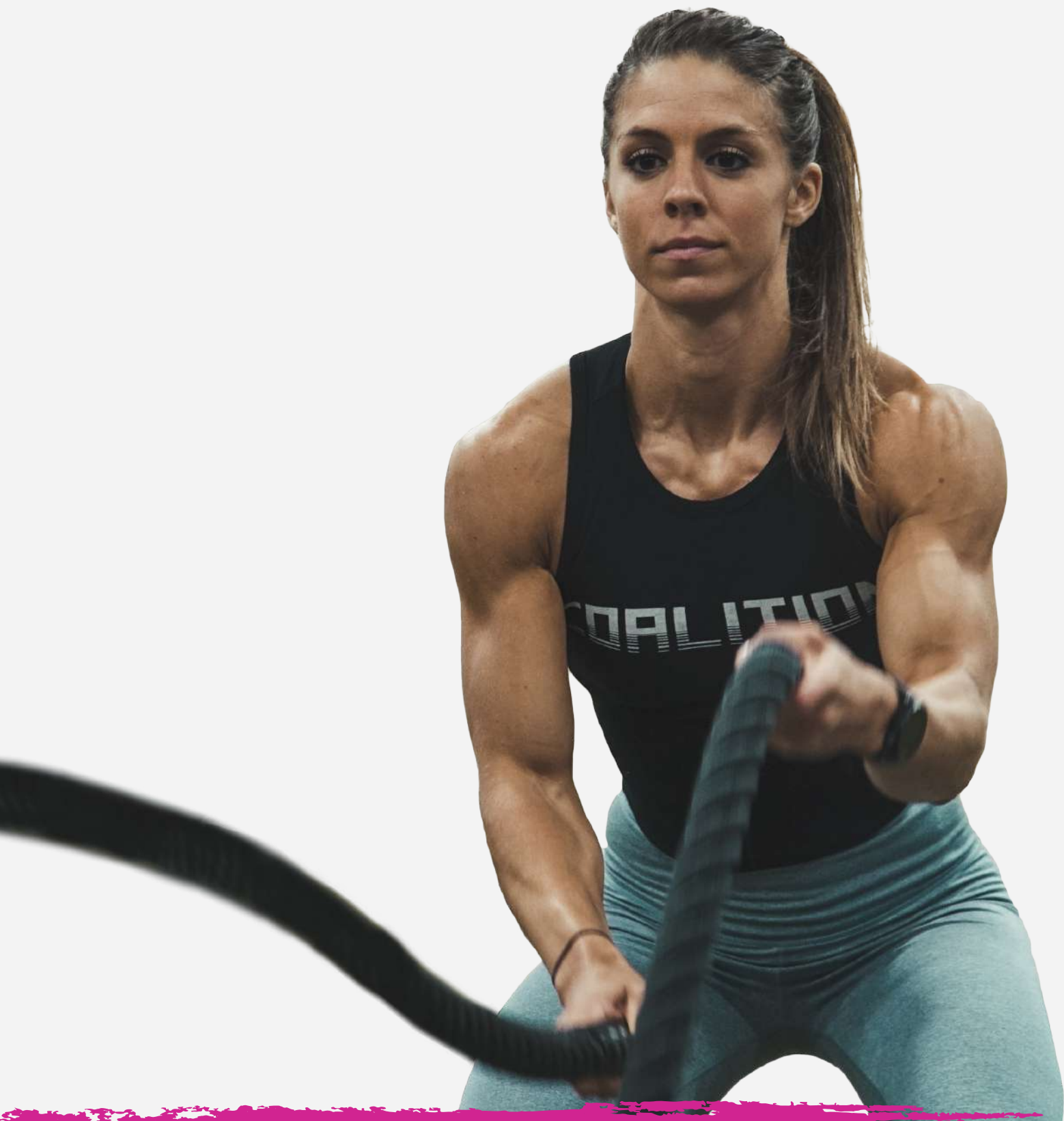
40 SECONDS ON EACH EXERCISE

15 SECONDS REST BETWEEN EACH EXERCISE

1 MINUTE BREAK AFTER EACH ROUND

4 ROUNDS





WARRIOR*Babe*

**AT HOME WORKOUT PROGRAM:
DUMBBELLS ONLY**

WEEKS 1-4

MONDAY

ARMS & CORE CIRCUIT #1 + CARDIO BURN #1

TUESDAY

CHEST, SHOULDERS & CORE

WEDNESDAY

**GLUTES, HAMSTRINGS & CALVES
+ CARDIO BURN #2**

THURSDAY

REST

FRIDAY

ROWS & REAR DELTS + CORE CIRCUIT # 2

THURSDAY

GLUTES, QUADS & CALVES

SUNDAY

REST

**OR OPTIONAL CARDIO BURN #1 OR #2 /
CORE CIRCUIT #1 OR #2**

WEEKS 1-4

DAY 1

ARMS & CORE CIRCUIT #1
+ CARDIO BURN #1

4 SETS

**DUMBBELL
SKULL CRUSHER**

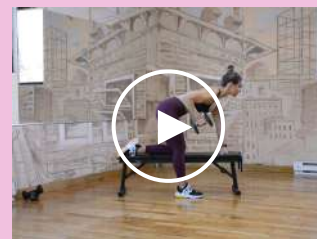
15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**SINGLE ARM
DUMBBELL TRICEP
KICKBACKS**

15 REPS EACH ARM



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**DUMBBELL
OVERHEAD TRICEP
EXTENSION**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**BODYWEIGHT
DIPS**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

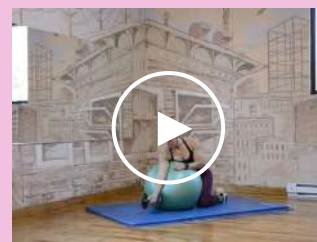
**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**SINGLE ARM
DUMBBELL
PREACHER CURLS**

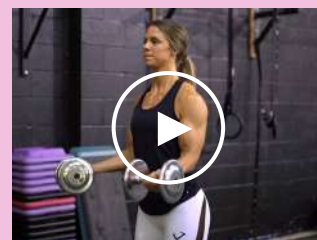
15 REPS EACH ARM



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL
BICEP CURLS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**SEATED DUMBBELL
CONCENTRATION
CURLS**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL HAMMER
CURLS**

15 REPS EACH ARM



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

DIAMOND PUSH UPS

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**ALTERNATING
DUMBBELL BICEP
CURLS**

15 REPS EACH ARM



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

WEEKS 1-4

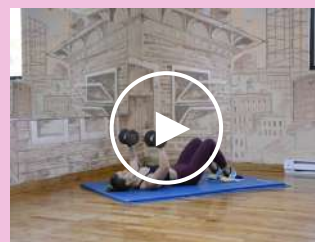
DAY 2

CHEST, SHOULDERS & CORE

4 SETS

FLOOR DUMBBELL
CHEST PRESS

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

SEATED
DUMBBELL
SHOULDER PRESS

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

REST FOR
30 SECONDS

REPEAT NEW SET

4 SETS

**DUMBBELL
CHEST FLIES**

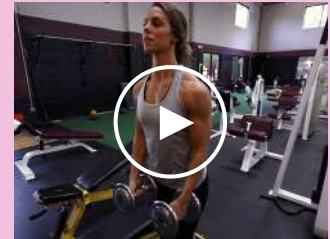
15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL
LATERAL RAISES**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

PUSH UP

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**MOUNTAIN
CLIMBERS**

30 REPS EACH SIDE



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**DUMBBELL
FRONT RAISES**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**INCLINE
DUMBBELL
CHAMPAGNES**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**LEG UP
CRUNCHES**

30 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL
ARNOLD PRESSES**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

WASN'T THAT A GREAT WORKOUT!? WANT MORE?! LEARN HOW TO INCORPORATE PROPER NUTRITION WITH THESE WORKOUTS TO REACH YOUR GOALS FASTER! APPLY FOR OUR WARRIORBABE BLUEPRINT PROGRAM NOW: [WARRIORBABE.COM/BLEUPRINT](https://warriorbabe.com/blueprint)

WEEKS 1-4

DAY 3

GLUTES, HAMSTRINGS & CALVES
+ CARDIO BURN #2

4 SETS

**SINGLE LEG LUNGE
DUMBBELL
KICKBACKS**

15 REPS EACH LEG



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**YOGA BALL
HAMSTRING CURLS**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

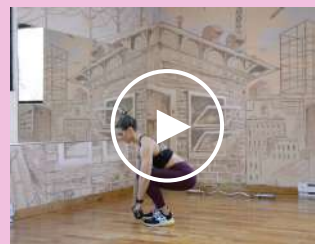
**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**DUMBBELL
PARTIAL DEADLIFTS**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**SINGLE LEG
DUMBBELL
BALLERINA
DEADLIFTS**

15 REPS EACH LEG



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**DUMBBELL
DEADLIFTS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**BODYWEIGHT
CALF RAISES**

30 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

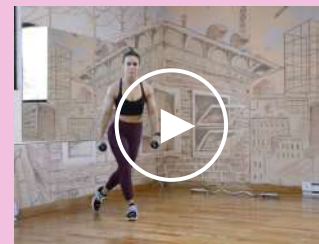
**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**DUMBBELL
CURTSEY
LUNGES**

20 REPS EACH SIDE



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**BODYWEIGHT
GLUTE BRIDGE**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**SINGLE LEG
DUMBBELL HIP
THRUSTS**

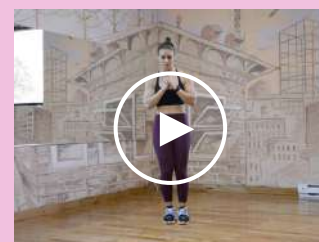
20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**ALTERNATING
SIDE LUNGES**

20 REPS EACH SIDE



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

WEEKS 1-4

DAY 4

ROWS & REAR DELTS
+ CORE CIRCUIT #2

4 SETS

DUMBBELL BENT
OVER REVERSE
FLIES

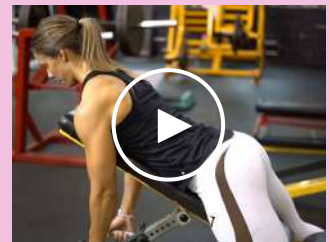
20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

DUMBBELL INCLINE
REVERSE FLIES

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

REST FOR
30 SECONDS

REPEAT NEW SET

4 SETS

**SINGLE ARM
DUMBBELL
CROSS BODY
ROWS**

15 REPS EACH SIDE



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

SUPERMANS

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**PLANK
DUMBBELL
ROWS**

15 REPS EACH SIDE



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**INCLINE
DUMBBELL
ROWS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

**DUMBBELL LOW
REVERSE FLIES**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

FULL PLANK

1 MINUTE



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

WEEKS 1-4

DAY 5

GLUTES, QUADS & CALVES

4 SETS

SISSY SQUATS

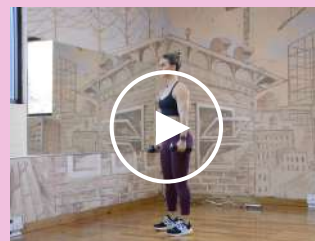
15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

DUMBBELL
SQUATS

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

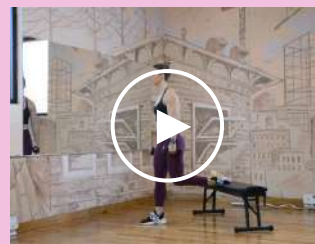
REST FOR
30 SECONDS

REPEAT NEW SET

4 SETS

**DUMBBELL
SPLIT SQUATS**

15 REPS EACH SIDE



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**BODY WEIGHT
CALF RAISES**

30 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**BODYWEIGHT
SQUATS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

POP SQUATS

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

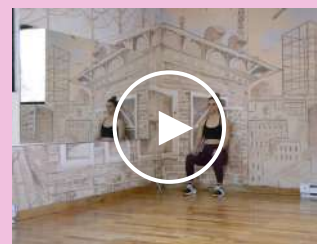
**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

WALL SITS

1 MINUTE



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**3 WAY CALF
RAISES**

**10 IN, 10 OUT,
10 NEUTRAL**



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

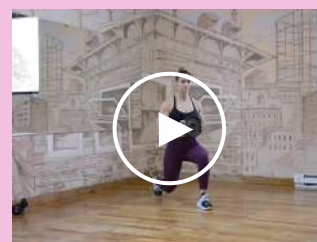
**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

LUNGE & TWIST

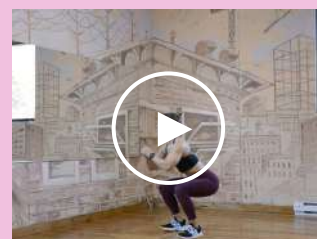
15 REPS EACH SIDE



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

PULSE SQUATS

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

MONTH 1 COMPLETE! WAY TO GO! FEELING STRONGER? WANT TO LEARN MORE ABOUT WARRIORBABE AND THE OTHER PROGRAMS WE OFFER THAT WILL HELP YOU REACH YOUR BODY COMPOSITION GOALS? CLICK HERE: [WARRIORBABE.COM](https://www.warriorbabe.com)

WEEKS 5–8

MONDAY

**BACK & BICEPS & CORE CIRCUIT #1
+ CARDIO BURN #1**

TUESDAY

SHOULDERS

WEDNESDAY

GLUTES & QUADS + CARDIO BURN #2

THURSDAY

REST

FRIDAY

CHEST & TRICEPS + CORE CIRCUIT #2

SATURDAY

GLUTES & HAMSTRINGS

SUNDAY

REST

**OR OPTIONAL CARDIO BURN #1 OR #2 /
CORE CIRCUIT #1 OR #2**

WEEKS 5–8

DAY 1

BACK & BICEPS

+ CORE CIRCUIT #1 & CARDIO BURN #1

4 SETS

SINGLE ARM
ALTERNATING
DUMBBELL ROWS

15 REPS EACH ARM



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

INCLINE DUMBBELL
PULLOVERS

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

REST FOR
30 SECONDS

REPEAT NEW SET

4 SETS

**INCLINE REVERSE
LOW DUMBBELL
FLIES**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**BENT OVER
REVERSE
DUMBBELL FLIES**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

SUPERMANS

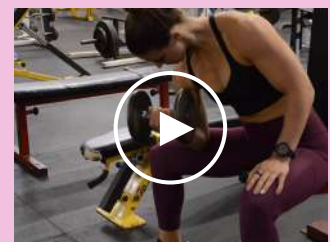
20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL
CONCENTRATION
CURLS**

15 REPS EACH ARM



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**INCLINE
DUMBBELL
CURLS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**ALTERNATING
DUMBBELL
HAMMER CURL**

15 REPS EACH ARM



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

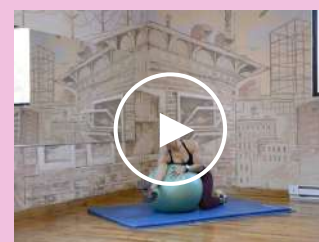
**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**SINGLE ARM
DUMBBELL
PREACHER CURLS**

15 REPS EACH ARM



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**ALTERNATING
DUMBBELL
CURLS**

15 REPS EACH ARM



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

WEEKS 5–8

DAY 2

SHOULDERS

4 SETS

**DUMBBELL LEANING
SIDE LATERALS**

15 REPS EACH ARM



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL SIDE
LATERAL 21S**

21S



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**ALTERNATING
DUMBBELL
HAMMER RAISES**

15 REPS EACH ARM



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**SEATED
DUMBBELL
CIRCLES**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**DUMBBELL
FRONT TO SIDE
RAISES**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**ALTERNATING
DUMBBELL
FRONT RAISES**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**INCLINE
REVERSE
DUMBBELL FLIES**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**SEATED
DUMBBELL
ARNOLD PRESSES**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**WIDE STANCE
PUSH UPS**

10 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**SEATED DUMBBELL
OVERHEAD PRESSES**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

WEEKS 5–8

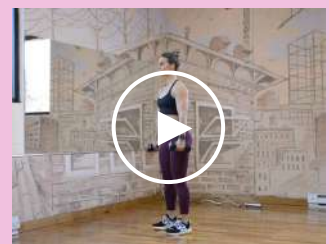
DAY 3

GLUTES & QUADS + CARDIO BURN #2

4 SETS

DUMBBELL
SQUATS

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

GLUTE BRIDGE

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

REST FOR
30 SECONDS

REPEAT NEW SET

4 SETS

**DUMBBELL
WALKING LUNGES**

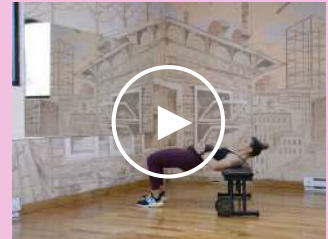
15 REPS EACH LEG



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL HIP
THRUSTS**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**DUMBBELL
GOBLET SQUATS**

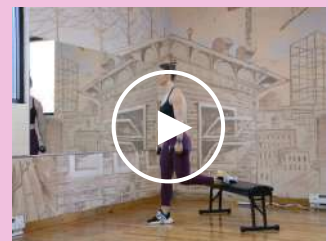
15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL
SPLIT SQUATS**

15 REPS EACH LEG



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**REVERSE FROG
HYPEREXTENSIONS**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

BOX STEP UPS

12 REPS EACH LEG



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

WALL SIT

1 MINUTE



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**BODYWEIGHT
CALF RAISES**

30 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

WASN'T THAT A GREAT WORKOUT!? WANT MORE?! LEARN HOW TO INCORPORATE PROPER NUTRITION WITH THESE WORKOUTS TO REACH YOUR GOALS FASTER! APPLY FOR OUR WARRIORBABE BLUEPRINT PROGRAM NOW: [WARRIORBABE.COM/BLEUPRINT](https://warriorbabe.com/blueprint)

WEEKS 5–8

DAY 4

CHEST & TRICEPS
+ CORE CIRCUIT #2

4 SETS

DUMBBELL
CHEST PRESS

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

DIAMOND PUSH UPS

10 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

REST FOR
30 SECONDS

REPEAT NEW SET

4 SETS

**DUMBBELL
FLIES**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL
CHAMPAGNES**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**INCLINE
DUMBBELL
CHEST PRESS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**WALK OUT
PUSH UPS**

10 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

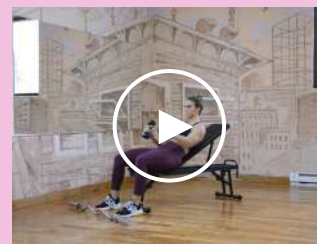
**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**INCLINE
DUMBBELL
SKULL CRUSHER**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**BODYWEIGHT
DIPS**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**DUMBBELL
TRICEP KICKBACKS**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL
OVERHEAD TRICEP
EXTENSIONS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

WEEKS 5–8

DAY 5

GLUTES & HAMSTRINGS

4 SETS

SUPERMANS

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

FROG PUMPS

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**DUMBBELL
STIFF LEGGED
DEADLIFTS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**SINGLE LEG
DUMBBELL
LUNGE KICKBACKS**

15 REPS EACH LEG



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**DUMBBELL
HAMSTRING
CURLS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

POP LUNGES

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

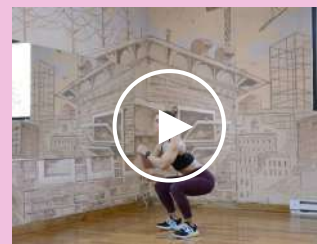
**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

PULSE SQUATS

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**BODYWEIGHT
BRIDGE GLUTE
KICKBACKS**

20 REPS EACH LEG



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**REVERSE DUMBBELL
LUNGES**

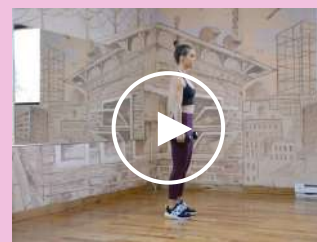
15 REPS EACH LEG



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL
CALF RAISES**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

MONTH 2 COMPLETE! YOU'RE A ROCKSTAR! WANT TO LEARN MORE ABOUT WARRIORBABE AND THE OTHER PROGRAMS WE OFFER THAT WILL HELP YOU REACH YOUR BODY COMPOSITION GOALS? CLICK HERE: [WARRIORBABE.COM](https://warriorbabe.com)

WEEKS 9–12

MONDAY

GLUTES & QUADS + CARDIO BURN #1

TUESDAY

BACK & TRICEPS + CORE CIRCUIT #1

WEDNESDAY

SHOULDERS + CARDIO BURN #2

THURSDAY

REST

FRIDAY

GLUTES, HAMSTRINGS & CALVES

SATURDAY

CHEST & BICEPS + CORE CIRCUIT #2

SUNDAY

REST

**OR OPTIONAL CARDIO BURN #1 OR #2 /
CORE CIRCUIT #1 OR #2**

WEEKS 9–12

DAY 1

GLUTES & QUADS
+ CARDIO BURN #1

4 SETS

GLUTE KICKBACKS

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

POP SQUATS

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

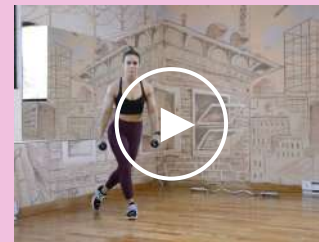
REST FOR
30 SECONDS

REPEAT NEW SET

4 SETS

**DUMBBELL
CURTSEY
LUNGES**

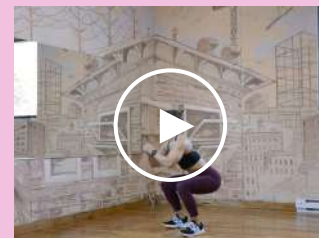
15 REPS EACH LEG



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

PULSE SQUATS

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**DUMBBELL
SUMO SQUATS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

SISSY SQUATS

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**DUMBBELL BOX
STEP UPS**

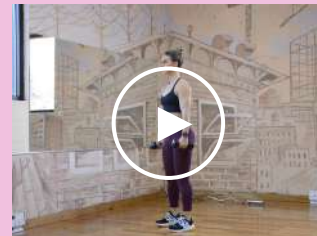
15 REPS EACH LEG



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL
SQUATS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**WIDE STANCE
DUMBBELL GOBLET
SQUATS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REVERSE
FROG PUMPS**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

WEEKS 9–12

DAY 2

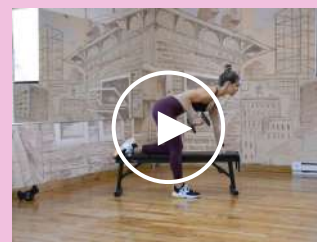
BACK & TRICEPS

+ CORE CIRCUIT #1

4 SETS

**SINGLE ARM
DUMBBELL TRICEP
KICKBACKS**

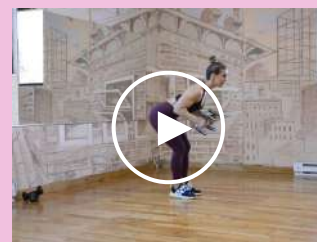
15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL TRICEP
KICKBACKS**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**DIAMOND
PUSH UPS**

10 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**OVERHEAD
DUMBBELL TRICEP
EXTENSIONS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**SINGLE ARM
DUMBBELL CROSS
BODY ROWS**

15 REPS EACH ARM



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

SUPERMANS

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

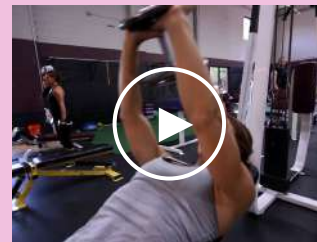
**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**DUMBBELL
PULLOVERS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL
REVERSE LOW
FLIES**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**INCLINE
DUMBBELL ROWS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**BODYWEIGHT
TRICEP DIPS**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

WEEKS 9–12

DAY 3

SHOULDERS

+ CARDIO BURN #2

4 SETS

SEATED DUMBBELL
SHOULDER PRESSES

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

DUMBBELL
FRONT RAISES

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

REST FOR
30 SECONDS

REPEAT NEW SET

4 SETS

**DUMBBELL
FRONT TO SIDE
RAISES**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL SIDE
LATERALS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**DUMBBELL
CIRCLES**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**WIDE STANCE
PUSH UPS**

10 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

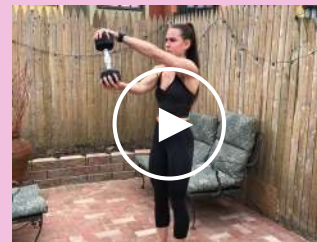
**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**DUMBBELL
TRUCK DRIVERS**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**INCLINE
DUMBBELL
REVERSE FLIES**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**BENT OVER
REVERSE FLIES**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**SEATED DUMBBELL
ARNOLD PRESSES**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

WEEKS 9–12

DAY 4

GLUTES, HAMSTRINGS & CALVES

4 SETS

**BODY WEIGHT
GLUTE BRIDGE**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**BODY WEIGHT
KICKBACKS**

20 REPS EACH LEG



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**SINGLE LEG
DUMBBELL
BALLERINA
DEADLIFTS**

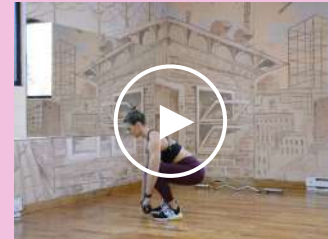
15 REPS EACH LEG



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL
PARTIAL DEADLIFTS**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

SUPERMANS

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL
REVERSE LUNGES**

15 REPS EACH LEG



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**SINGLE LEG
DUMBBELL LUNGE
KICKBACKS**

15 REPS EACH LEG



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**BODY WEIGHT
CALF RAISES**

30 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

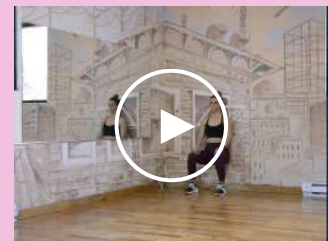
**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

WALL SIT

1 MINUTE



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REVERSE FROG
HYPEREXTENSIONS**

20 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

THE MUSCLES YOU ARE WORKING HERE NEED PROPER FUEL FOR RECOVERY AND GROWTH SO YOU CAN ACHIEVE THAT TONED LOOK! HOW'S YOUR NUTRITION DAILY? WANT TO LEARN MORE ABOUT HOW TO PERSONALIZE MACRONUTRIENT NEEDS TO YOUR BODY TYPE AND GOALS? APPLY FOR OUR WARRIORBABE BLUEPRINT PROGRAM NOW: [WARRIORBABE.COM/BLEUPRINT](https://warriorbabe.com/blueprint)

WEEKS 9–12

DAY 5

CHEST & BICEPS

+ CORE CIRCUIT #2

4 SETS

INCLINE DUMBBELL
CHAMPAGNES

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

INCLINE DUMBBELL
CHEST FLIES

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

REST FOR
30 SECONDS

REPEAT NEW SET

4 SETS

**DUMBBELL
BICEP CURLS**

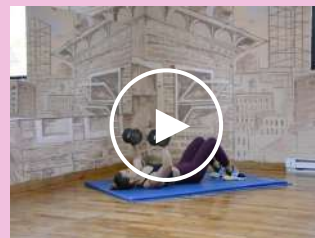
15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**FLOOR DUMBBELL
CHEST PRESS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

PUSH UPS

10 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**ALTERNATING
DUMBBELL
HAMMER CURLS**

15 REPS EACH ARM



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**SINGLE ARM
DUMBBELL
PREACHER CURLS**

15 REPS EACH ARM



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL
HAMMER CURLS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET

4 SETS

**DUMBBELL
CHEST FLIES**

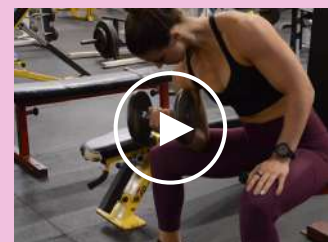
15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**DUMBBELL
CONCENTRATION
BICEP CURLS**

15 REPS



PLEASE RIGHT CLICK/ PUSH TAP
TO OPEN VIDEO IN NEW TAB

**REST FOR
30 SECONDS**

REPEAT NEW SET



CONGRATULATIONS!

If you are reading this that means you made it to the end of your WarriorBabe At Home Workout and that is a huge step in the right direction!

I don't want you to lose your momentum so please go apply for The WarriorBabe Blueprint now!

Seriously! Momentum is hard to create, and easy to lose! You have it, so don't lose it.

The WarriorBabe Blueprint is my all-in-one program that teaches you how to get toned and melt body fat at the same time, sustainably, and without crazy restriction or tons of cardio.

Bodies other women get jealous over are made and sustained here.

APPLY NOW