

Carla Fit Life



Welcome girl!

I hope you enjoy the exercises of this program. They are displayed in an easy to follow format, however if you have any questions please contact me anytime! Don't forget to track your progress! Go hard and have fun and let's get a peachy booty! I can't wait to see the results!

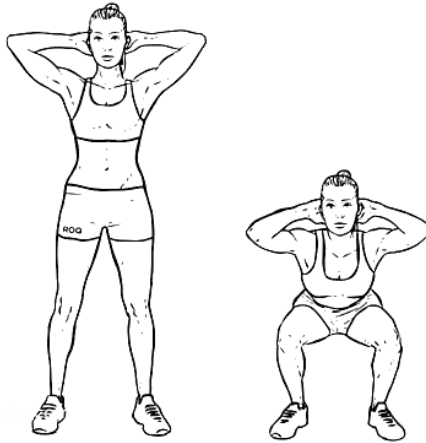
Xoxo

Carla

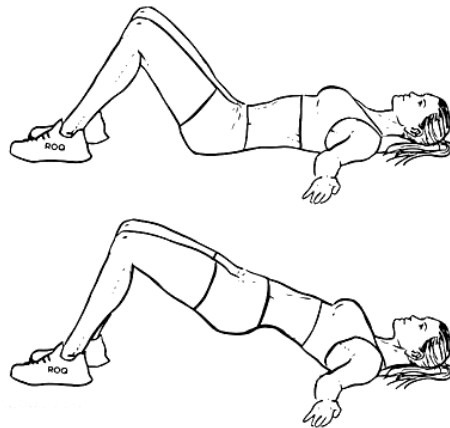
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The exercises are:

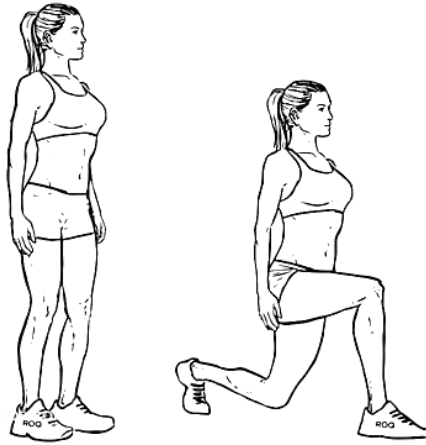


Squats

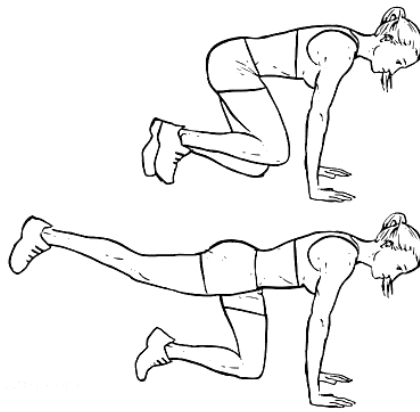


Bridge

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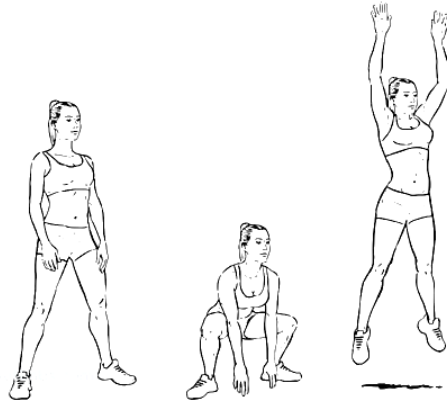
Lunges



Donkey Kicks

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Frog Jumps

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Share your Progress 

Take a before picture and at the end of each week take a progress picture.

Tag me in your progress and before and after photos on Instagram

@carlafitlife #carlafitlife



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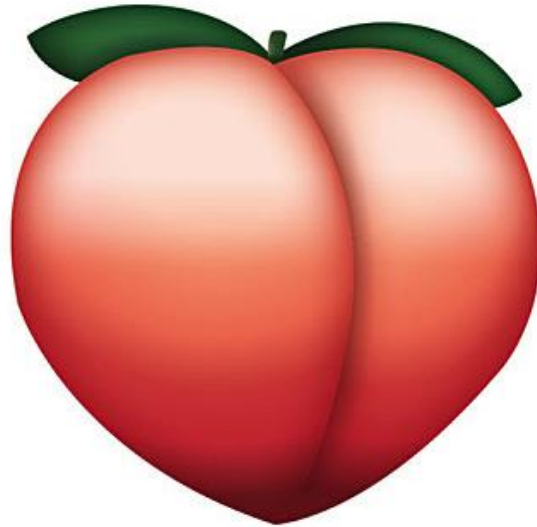
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ROUTINE

01	02	03	04	05	06
(15) Squats (10) Donkey Kicks (10) Lunges (10) Frog Jumps (5) Bridge	(20) Squats (12) Donkey Kicks (12) Lunges (12) Frog Jumps (5) Bridge	(20) Squats (12) Donkey Kicks (12) Lunges (12) Frog Jumps (10) Bridge	(25) Squats (15) Donkey Kicks (15) Lunges (15) Frog Jumps (10) Bridge	(30) Squats (20) Donkey Kicks (20) Lunges (15) Frog Jumps (10) Bridge	(30) Squats (20) Donkey Kicks (20) Lunges (15) Frog Jumps (15) Bridge
07	08	09	10	11	12
(35) Squats (20) Donkey Kicks (20) Lunges (20) Frog Jumps (20) Bridge	(35) Squats (20) Donkey Kicks (25) Lunges (15) Frog Jumps (15) Bridge	(35) Squats (25) Donkey Kicks (25) Lunges (15) Frog Jumps (15) Bridge	(40) Squats (25) Donkey Kicks (25) Lunges (20) Frog Jumps (15) Bridge	(40) Squats (25) Donkey Kicks (25) Lunges (20) Frog Jumps (20) Bridge	(40) Squats (25) Donkey Kicks (30) Lunges (20) Frog Jumps (20) Bridge
13	14	15	16	17	18
(45) Squats (30) Donkey Kicks (30) Lunges (20) Frog Jumps (20) Bridge	(45) Squats (30) Donkey Kicks (35) Lunges (25) Frog Jumps (20) Bridge	(45) Squats (30) Donkey Kicks (35) Lunges (25) Frog Jumps (25) Bridge	(45) Squats (30) Donkey Kicks (35) Lunges (30) Frog Jumps (25) Bridge	(50) Squats (30) Donkey Kicks (35) Lunges (30) Frog Jumps (25) Bridge	(50) Squats (35) Donkey Kicks (40) Lunges (30) Frog Jumps (25) Bridge
19	20	21	22	23	24
(50) Squats (35) Donkey Kicks (40) Lunges (30) Frog Jumps (30) Bridge	(50) Squats (40) Donkey Kicks (40) Lunges (30) Frog Jumps (30) Bridge	(50) Squats (40) Donkey Kicks (45) Lunges (35) Frog Jumps (30) Bridge	(55) Squats (45) Donkey Kicks (45) Lunges (35) Frog Jumps (30) Bridge	(55) Squats (45) Donkey Kicks (45) Lunges (40) Frog Jumps (35) Bridge	(55) Squats (45) Donkey Kicks (50) Lunges (40) Frog Jumps (35) Bridge

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25	26	27	28	29	30
(60) Squats	(60) Squats	(60) Squats	(65) Squats	(65) Squats	(70) Squats
(50) Donkey Kicks	(50) Donkey Kicks	(55) Donkey Kicks	(55) Donkey Kicks	(60) Donkey Kicks	(60) Donkey Kicks
(50) Lunges	(55) Lunges	(55) Lunges	(55) Lunges	(55) Lunges	(60) Lunges
(45) Frog Jumps	(45) Frog Jumps	(45) Frog Jumps	(45) Frog Jumps	(50) Frog Jumps	(50) Frog Jumps
(40) Bridge	(40) Bridge	(40) Bridge	(45) Bridge	(50) Bridge	(50) Bridge



I hope you had heaps of fun!

See you next time!

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