

Fit with Deb

FIT WITH DEB'S DUMBBELLS & DESSERTS

EACH WRITTEN WORKOUT HAS A CORRESPONDING PRIVATE YOUTUBE VIDEO. THANK YOU FOR NOT SHARING THESE UNLISTED YOUTUBE LINKS.

- These YouTube workouts range from 5-15 minutes. Any 5, 10, or 15 minute video can be extended to 20 minutes.
- Spend 3-5 minutes warming up before and cooling down after (I have a "Fit With Deb" YouTube Warm-Up video and Cool-Down video).
- These are rest-based workouts, so you will take rests as often as you need for as long as you'd like.
- Modify moves as needed for comfort and to safety
- You will need a mat, 2 moderate/lighter dumbbells, 2 heavier dumbbells, and optional BCAA powder (Branch Chain Amino Acids).
- BCAA powder can be found on Amazon at bit.ly/momsanityamazon (or search "Momsanity BCAA")

HOW TO SELECT THE PROPER DUMBBELL SIZE

When picking up a pair of weights (in a store or a gym), here is the test:

- You want to be able to (initially) perform 10 repetitions, but not 11 repetitions.
- As the workout progresses, you will not be able to do those 10 reps, so you'll rest more and more. Resting is a sign that you're doing the workout properly.
- Keep in mind that the lower body is stronger than the upper body.
- Consider using a variety of weights within a workout, so you can have what you need and adjust quickly. The goal is to feel breathless and hot, and for your muscles to be burning.
- Remember, you must have perfect form each time you do every move! Safety first!
- You are stronger than you realize, so see if you can go heavier than you think.

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SKINNY JEANS FIT ME WORKOUT #1

SKINNY JEANS FIT ME WORKOUT #1

Link: https://youtu.be/JT330JgTh_o

Equipment: No weights needed

Time: 10 minutes

Complete three rounds:

1. Plie squat + quick pulse + squat
2. Alternating low reverse lunges
3. Bear crawl



SKINNY JEANS FIT ME WORKOUT #2

SKINNY JEANS FIT ME WORKOUT #2

Link: https://youtu.be/KuEtgLMsz_8

Equipment: No weights needed

Time: 10 minutes

Complete three rounds:

1. Flutter kicks
2. Plank knee taps
3. Hundreds



SKINNY JEANS FIT ME WORKOUT #3

SKINNY JEANS FIT ME WORKOUT #2

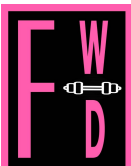
Link: <https://youtu.be/gV4veUNkSgQ>

Equipment: No weights needed

Time: 10 minutes

Complete three rounds:

1. Low side lunge + lateral leg raise (right leg)
2. Low side lunge + lateral leg raise (left leg)
3. Rocking chair squats



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SKINNY JEANS FIT ME WORKOUT #4:

SKINNY JEANS FIT ME workout #4

Link: <https://youtu.be/oeLWQgW5rxQ>

Equipment: No weights needed

Time: 10 minutes

Complete three rounds:

1. Tiptoe mountain climbers
2. Push-ups
3. Bear squats



REVIVE WORKOUT #1

REVIVE workout #1

Link: <https://youtu.be/pxlwa4UcsOw>

Equipment: No weights needed

Time: 5 minutes

Complete three rounds:

1. Hollow man lift
2. Reverse plank mountain climbers
3. Plank jack leg lifts
4. Donkey kicks
5. Squats



REVIVE WORKOUT #2

REVIVE workout #2

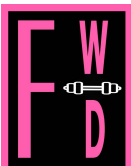
Link: https://youtu.be/rdk_baBkeFc

Equipment: No weights needed

Time: 5 minutes

Complete three rounds:

1. Bear bird dog
2. Bear bird dog
3. Twisting v-sit crunch
4. Single leg deadlift
5. Single leg deadlift



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REVIVE WORKOUT #3

REVIVE WORKOUT #3

Link: <https://youtu.be/ZfIN2QSORiM>

Equipment: No weights needed

Time: 5 minutes

Complete three rounds:

1. Pop up front kick
2. Rainbow twist
3. Plank skater hops
4. See saw
5. Inner thigh v-sit



REVIVE WORKOUT #4

REVIVE WORKOUT #4

Link: https://youtu.be/NwRxUD69N_k

Equipment: No weights needed

Time: 5 minutes

Complete three rounds:

1. Walk back plank
2. Squat with obliques
3. Banana roll
4. Plank reach back extension
5. Plank reach back extension



BIKINI STRONG WORKOUT #1

BIKINI STRONG WORKOUT #1

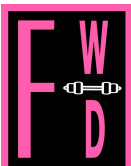
Link: <https://youtu.be/ygalLdcyPE0>

Equipment: Weights are optional

Time: 10 minutes

Complete three rounds:

- 3 minutes: Burpees & Squat Jumps 1 minute: Sprint(s)
3 minutes: Push-Ups & Bridge Dips
3 minutes: Toe Taps & Crab Reach



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BIKINI STRONG WORKOUT #2

BIKINI STRONG WORKOUT #2

Link: <https://youtu.be/nLTKLGDz2Tc>

Equipment: Weights are optional

Time: 10 minutes

Complete three rounds:

- 3 minutes: 1 Arm Plank Jacks & Bicycles
- 3 minutes: Mountain Climbers & Wide Squats
- 3 minutes: Superman & Tricep Dips
- 1 minute: Sprint(s)



BIKINI STRONG WORKOUT #3

BIKINI STRONG WORKOUT #3

Link: <https://youtu.be/jEq6Leug-ko>

Equipment: Weights are optional

Time: 10 minutes

Complete three rounds:

- 3 minutes: Frog Hops & Plank Shoulder Taps
- 3 minutes: Seated Quad Lifts & Frog Reaches
- 3 minutes: Half Burpees & Crunch and Punch
- 1 minute: Sprint(s)



EASY ABS WORKOUT #1

EASY ABS WORKOUT #1

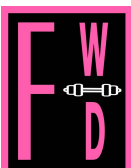
Link: <https://youtu.be/WWkBnus1bNI>

Equipment: No weights needed

Time: 10 minutes

Complete two rounds:

1. Jumping Jack Toe Touch
2. Bird Dog
3. Bird Dog
4. Donkey Kicks
5. Marching Oblique Press
6. Marching Oblique Press



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EASY ABS WORKOUT #2

EASY ABS WORKOUT #2

Link: <https://youtu.be/hJua3hwn4-s>

Equipment: Weights are optional

Time: 10 minutes

Complete two rounds:

1. Straight Arm Russian Twist
2. Banana Roll
3. Dead Bug
4. Dead Bug
5. Reverse Plank
6. Rocking Ball (Knee Hug)



EASY ABS WORKOUT #3

EASY ABS WORKOUT #3

Link: <https://youtu.be/Th5i9wKbJvY>

Equipment: Weights are optional

Time: 10 minutes

Complete two rounds:

1. Standing Knee to Elbow
2. Standing Knee to Elbow
3. Ultra Slow Mountain Climber With HipTap
4. 1 Leg Plank
5. 1 Leg Plank
6. Frog Leg + Sit Up



EASY ABS WORKOUT #4

EASY ABS WORKOUT #4

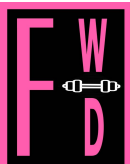
Link: <https://youtu.be/COTGezQti-w>

Equipment: Weights are optional

Time: 10 minutes

Complete two rounds:

1. Bridge
2. Standing Bend
3. Corkscrew
4. L-Sit
5. Hollow Man to Sit-Up
6. Half Burpees



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EASY ABS WORKOUT #5

EASY ABS WORKOUT #5

Link: <https://youtu.be/skpmeFzITMs>

Equipment: No weights needed

Time: 10 minutes

Complete two rounds:

1. Plank Alt Knee Taps
2. Table with Alternating Leg Lifts
3. Table with Alternating Leg Lifts
4. Static Lunge with Running Arms
5. Static Lunge with Running Arms
6. Hand Plank Skater Hops



EASY ABS WORKOUT #6

EASY ABS WORKOUT #6

Link: https://youtu.be/OH6Usy0S_dc

Equipment: No weights needed

Time: 10 minutes

Complete two rounds:

1. Helicopter Plank
2. Helicopter Plank
3. V-Sit Crunch
4. V-Sit Crunch
5. Pop Up Front Kick
6. Pop Up Front Kick



EASY ABS WORKOUT #7

EASY ABS WORKOUT #7

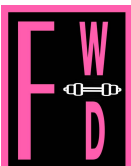
Link: <https://youtu.be/nqgcimLmhp8>

Equipment: No weights needed

Time: 10 minutes

Complete two rounds:

1. See Saw
2. V-Sit + Inner Thigh
3. Walk Back Forearm Plank
4. Hand Plank Reach Back with Arm extension
5. Hand Plank Reach Back with Arm extension
6. Slow bicycle to V-Sit



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EASY ABS WORKOUT #8

EASY ABS WORKOUT #8

Link: <https://youtu.be/D8Ktu9JKnql>

Equipment: Weights are optional

Time: 10 minutes

Complete two rounds:

1. 1,2,3 Mountain Climber
2. Press Jack
3. Side Lying Dual Leg Lift
4. Side Lying Dual Leg Lift
5. Traveling Mountain Climber
6. Static Chest Press Lower Body Crunch



EASY ABS WORKOUT #9

EASY ABS WORKOUT #9

Link: <https://youtu.be/-nL9S486xFw>

Equipment: No weights needed

Time: 10 minutes

Complete two rounds:

1. Lean-Forward Push Up
2. Plank Butt Kick
3. V-sit Snow Angel
4. Alt Knee Pull
5. Finger Tip Plank (Or Plank + Alternating Leg Lift)
6. Tip Toe Mountain Climber



RESET WORKOUT #1

RESET WORKOUT #1

Link: https://youtu.be/hPv_Csgq5e4

Equipment: 2 medium/heavy weights and a mat

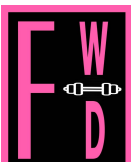
Time: 1 minutes

Complete four rounds:

1. Chest Press + Crunch
2. Kettlebell Swing
3. Knee Tap Plank
4. Static Squat

Optional Finish:

1-minute push-ups



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RESET WORKOUT #2

RESET WORKOUT #2

Link: <https://youtu.be/aCVWNU3di3c>

Equipment: 1 heavy weight and a mat

Time: 15 minutes

Complete four rounds:

1. Halo
2. Goblet Squat
3. Static Pike
4. Hip Thrust

Optional Finish:

1-minute burpees



RESET WORKOUT #3

RESET WORKOUT #3

Link: <https://youtu.be/rPDLpoBC7DA>

Equipment: 2 lighter weights and 2 heavy weights and a mat

Time: 15 minutes

Complete four rounds:

1. Alternating L-Raise
2. Deadlift
3. Extended Arm Plank
4. Bridge Walk Out

Optional Finish:

1-minute squat jumps



RESET WORKOUT #4

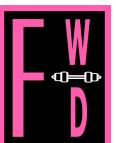
RESET WORKOUT #4

Link: <https://youtu.be/sn-yKH1v-hA>

This 10-minute CORE workout is TABATA style. You will perform each move 4 consecutive times before moving on to the next move. Each move is 20 seconds of work, followed by 10 seconds of rest.

You will still want to rest as needed throughout the workout, even if it's during the 20-second "work" interval. You will only need a mat for this body-weight workout

1. Starfish x4
2. Bicycles x4
3. Scissor Legs x4
4. Hundreds
5. Ankle Shimmy



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FIT & FESTIVE WORKOUT #1

FIT & FESTIVE WORKOUT #1

Link: <https://youtu.be/NQ5ebLEfddQ>

Equipment: 2 lighter/moderate weights and 1 heavy weight and a mat
Time: 15 minutes

Complete three rounds:

1. Kneeling Snow Angel
2. 1 Leg Calf Raises (30 Seconds each Leg)
3. Alternating Leg Climbs
4. 5-3-1 Sumo Squat

Optional Finish:

1-minute
tricep dips



FIT & FESTIVE WORKOUT #2

FIT & FESTIVE WORKOUT #2

Link: https://youtu.be/rv3Dwr7uY_Y

Equipment: 2 lighter/moderate weights, 2 heavy weights, a chair or steps, and a mat
Time: 15 minutes

Complete three rounds:

1. Plank Jack to Elbow-Hand Plank
2. Squat + Front Raise
3. Alternating Crossed Leg Crunch
4. Step-Ups

Optional Finish:

1-minute
mountain climber



FIT & FESTIVE WORKOUT #3

FIT & FESTIVE WORKOUT #3

Link: <https://youtu.be/BqTevgiOdlS>

Equipment: 2 heavy weights and a mat
Time: 15 minutes

Complete three rounds:

1. Plank Wings
2. TipToe Suitcase Walks
3. Circle Crunch
4. Table Top Knee Raises

Optional Finish:

1-minute
Bent-Over Row/Tri/Fly



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FIT & FESTIVE WORKOUT #4

FIT & FESTIVE WORKOUT #4

Link: <https://youtu.be/snQrIDkG7Bg>

Equipment: Mat, no weights are needed

Time: 10 minutes

*This core-workout can be enjoyed barefoot

Complete two rounds:

1. Dead Bug (Right Arm, Left Leg)
2. Dead Bug (Left Arm, Right Leg)
3. Knee Grabs
4. V-Sit Snow Angel
5. Windshield Wiper



FIT & FESTIVE WORKOUT #5

FIT & FESTIVE WORKOUT #5

Link: <https://youtu.be/AJGYEhiDxmU>

Equipment: 1 heavy weight and a mat

Time: 15 minutes

Complete three rounds:

1. Kneeling Squat Lean
2. Bear Squat
3. Half Burpee
4. Rocking Chair Squat
5. Bear Crawl



FIT & FESTIVE WORKOUT #6

FIT & FESTIVE WORKOUT #6

Link: https://youtu.be/35_SEA3eBfg

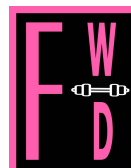
Equipment: 1 heavy weight and mat

Time: 15 minutes

*You will want to wear pants or have a towel

Complete three rounds:

1. Prisoner Squat Jumps
2. Side Plank Leg Circle (Right Leg)
3. Side Plank Leg Circle (Left Leg)
4. Weighted Glute Raise (Right Leg)
5. Weighted Glute Raise (Left Leg)



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FIT & FESTIVE WORKOUT #7

FIT & FESTIVE WORKOUT #7

Link: <https://youtu.be/q-1bkFht1Gc>

Equipment: 1 heavy weight and 1 moderate weight

Time: 15 minutes

Complete three rounds:

1. Standing Knee Raise (Right Leg)
2. Standing Knee Raise (Left Leg)
3. Jumping Jack Toe Touch
4. Lawn Mower (Right Arm)
5. Lawn Mower (Left Arm)



FIT & FESTIVE WORKOUT #8

FIT & FESTIVE WORKOUT #8

Link: <https://youtu.be/J-EMfM7bPtA>

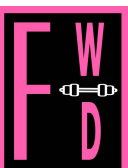
Equipment: Use 1 heavy weight and 1 moderate weight.

Time: 10 minutes

*Can be enjoyed barefoot

Complete two rounds:

1. Plank + Glute Raise (Right Leg)
2. Plank + Glute Raise (Left Leg)
3. Y T Superman
4. Car Driver
5. Booty Scoot



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