

Fit with Deb

FIT WITH DEB'S SWEETS & SWEAT 2020

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

- These YouTube workouts range from 10-20 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, Momsanity Exercise Sliders, a Resistance Exercise Band, optional Ab Mat with tailbone support, and optional BCAA powder (Branch Chain Amino Acids).
- BCAA powder can be found on Amazon at bit.ly/momsanityamazon (or search "Momsanity BCAA")



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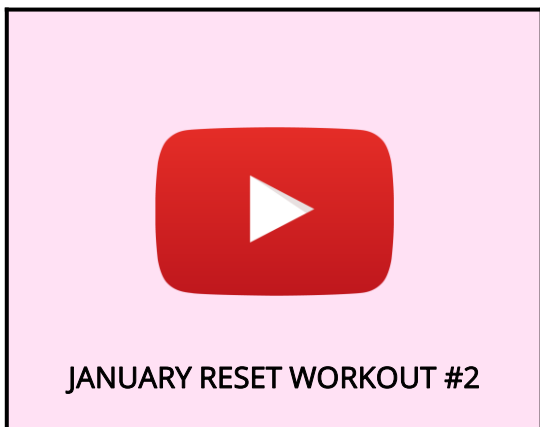


JANUARY RESET WORKOUT #1

Link: <https://youtu.be/n09Es8R3VmM>

You can use 1 dumbbell and a mat for this 15-minute CORE workout.

1. 5 CRAB REACH OVERS (EACH LEG)
2. 5 GET UPS (with an optional weight)
3. 5 PLANK JACKS
4. 5 STARFISH TOE TOUCHES (EACH LEG)
5. REPEAT



JANUARY RESET WORKOUT #2

Link: https://youtu.be/DFKp_j3hsHI

You will need 2 lighter/moderate weights and a mat for this 15-minute total body workout.

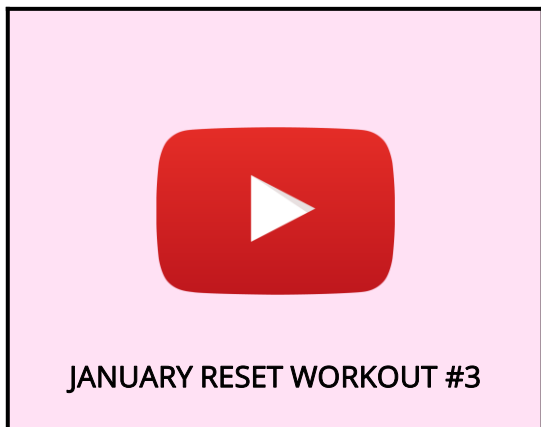
1. 5 CHOPPING SQUATS (EACH ARM)
2. 5 PLANKING TRICEP EXTENSIONS (EACH ARM)
3. 5 SINGLE LEG SQUATS (EACH LEG)
4. 5 WAITER'S CARRY (EACH ARM, 5 STEPS)
5. REPEAT



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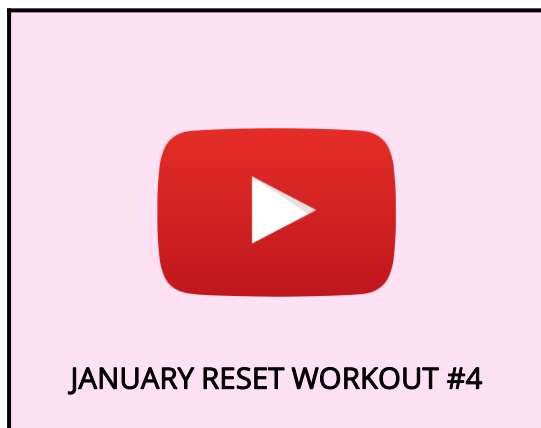


JANUARY RESET WORKOUT #3

Link: https://youtu.be/Sck_zcMC588

You will need 2 heavy weights and a mat for this 15-minute BOOTY workout.

1. 5 CONSTANT-TENSION DEADLIFTS
2. 5 WALK-OUT HAMSTRING CURLS
3. 5 SIDE PLANK LEG LIFTS (EACH LEG)
4. 5 SQUATS WITH CALF RAISES
5. REPEAT



JANUARY RESET WORKOUT #4

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

You will only need a mat (and maybe a pillow) for this 10-minute full-body TABATA workout. Perform 20 seconds of work, followed by 10 seconds of rest. Do each move 4 times in a row before moving on to the next move.

TABATA STYLE:

2 MINUTES: 20 sec BICYCLE CRUNCH, 10 sec REST x 4 consecutive rounds

2 MINUTES: 20 sec TRICEP DIPS, 10 sec REST x 4 consecutive rounds

2 MINUTES: 20 sec WALL SIT, 10 sec REST x 4 consecutive rounds

2 MINUTES: 20 sec SIDE TO SIDE LUNGES, 10 sec REST x 4 consecutive rounds

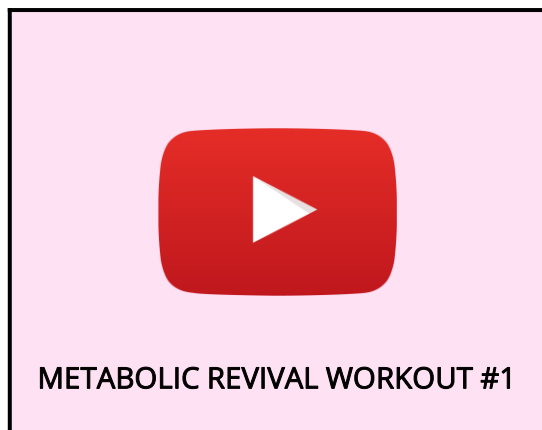
2 MINUTES: 20 sec PIKE PLANK, 10 sec REST x 4 consecutive rounds



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METABOLIC REVIVAL WORKOUT #1

Link: <https://youtu.be/7G41HszkXYA>

You will only need a mat and optional Ab Mat for this 20-minute CORE workout (you don't need shoes). Each move is 45 seconds of work, followed by 15 seconds of rest.

COMPLETE 4 ROUNDS

1. ELBOW BICYCLES
2. V-SIT UPS
3. KNEE IN CRUNCH (RIGHT)
4. KNEE IN CRUNCH (LEFT)
5. HOLLOW BODY HOLD



METABOLIC REVIVAL WORKOUT #2

Link: <https://youtu.be/lwmzRuGM-iY>

You will need a mat and 2 moderate weights for this 20-minute UPPER BODY workout. Each move is 45 seconds of work, followed by 15 seconds of rest.

COMPLETE 4 ROUNDS

1. SKIER SWINGS
2. YTWL
3. 5 PUNCHES OUT, 5 PUNCHES DOWN, REPEAT
4. PUSH-UP + RENEGADE ROWS
5. CHEST FLY (OPTIONAL CRUNCH)



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METABOLIC REVIVAL WORKOUT #3

Link: <https://youtu.be/KmCBllI5mhA>

You will need a mat, 2 heavy weights, and an optional stool/step for this 20-minute INNER THIGH workout. Each move is 45 seconds of work, followed by 15 seconds of rest.

COMPLETE 4 ROUNDS

1. UNEVEN SQUATS
2. UNEVEN SQUATS
3. SUPERMAN LEG SQUEEZE
4. BUTTERFLY BRIDGE DIP
5. NARROW STANCE SQUAT



METABOLIC REVIVAL WORKOUT #4

Link: <https://youtu.be/IXZkP8IBtaQ>

You will only need a mat and optional Ab Mat for this 20-minute FULL BODY plyo workout. Each move is 45 seconds of work, followed by 15 seconds of rest.

COMPLETE 4 ROUNDS

1. BURPEES
2. FROG HOPS
3. WALK-DOWN PLANK + SHOULDER TAPS
4. BICYCLE CRUNCHES
5. FROGGY GLUTE LIFT



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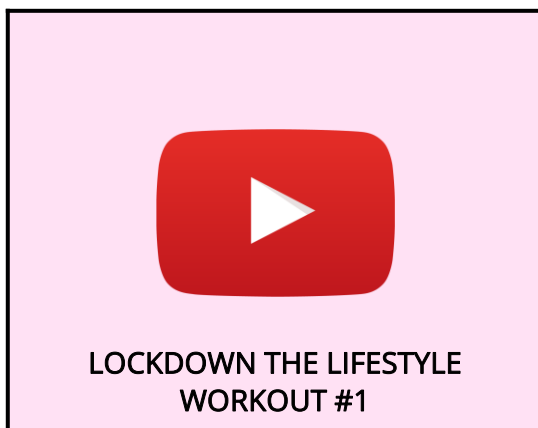
METABOLIC REVIVAL WORKOUT #5

Link: https://youtu.be/b-ec2vDYy_0

You will need a mat and 1 heavy weight for this 20-minute BOOTY. Each move is 45 seconds of work, followed by 15 seconds of rest.

COMPLETE 4 ROUNDS

1. SINGLE LEG DEADLIFT (RIGHT LEG)
2. SINGLE LEG DEADLIFT (LEFT LEG)
3. 1" SQUAT HOLD
4. SINGLE LEG GLUTE BRIDGE (RIGHT LEG)
5. SINGLE LEG GLUTE BRIDGE (LEFT LEG)



LOCKDOWN THE LIFESTYLE WORKOUT #1

Link: https://youtu.be/J5xKVB_JHSU

You will only need a mat and optional Ab Mat for this 20-minute CORE workout (you don't need shoes). Each move is 45 seconds of work, followed by 15 seconds of rest.

COMPLETE 4 ROUNDS

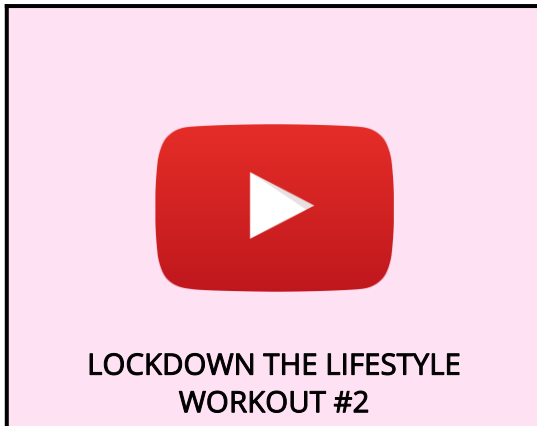
1. ROTATING SIDE PLANKS
2. ROCKING BALL THEN PUNCHING V-SIT BICYCLE
3. BIRDDOG CRUNCHES
4. BIRDDOG CRUNCHES
5. DANCE / REST



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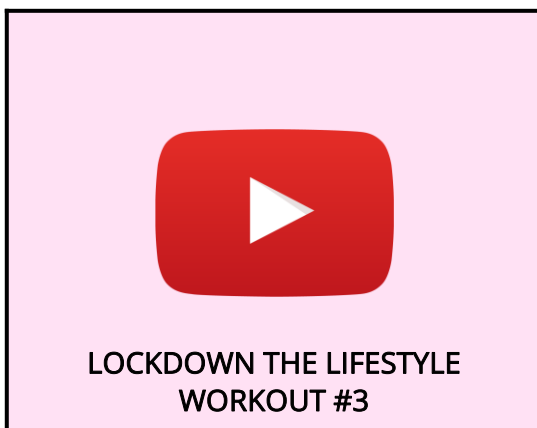
LOCKDOWN THE LIFESTYLE WORKOUT #2

Link: <https://youtu.be/CaigS0y8xdo>

You will only need a mat and 2 light/moderate weights for this 20-minute FULL BODY workout. Each move is 45 seconds of work, followed by 15 seconds of rest.

COMPLETE 4 ROUNDS

1. KNEEL – STAND – KNEEL
2. PUSH-UP TO TRICEP DIP
3. 1 LEG SQUAT + FRONT RAISE
4. 1 LEG SQUAT + SIDE RAISE
5. DANCE / REST



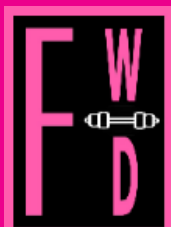
LOCKDOWN THE LIFESTYLE WORKOUT # 3

Link: <https://youtu.be/feg6ivGjyls>

You will only need a mat and 2 moderate weights for this 20-minute ARM workout. Each move is 45 seconds of work, followed by 15 seconds of rest.

COMPLETE 4 ROUNDS

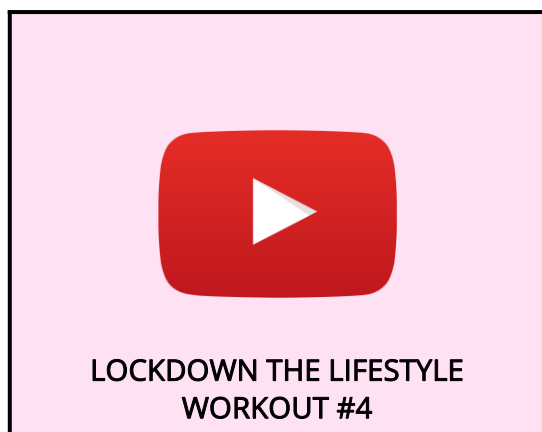
1. PLANK TO EXTENDED ARM PLANK
2. BENT-OVER TRICEP PRESSBACK
3. SCAPULAR SQUEEZE PUSH-UPS
4. STRAIGHT ARM CLIMB
5. DANCE / REST



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LOCKDOWN THE LIFESTYLE WORKOUT #4

Link: <https://youtu.be/8R4BrbKTbXU>

Decide if you want to lift 2 heavy weights for this 10-minute LOWER BODY workout. Weights are optional. Each move is 45 seconds of work, followed by 15 seconds of rest.

COMPLETE 1 ROUND

1. STILETTO SQUATS
2. FIGURE 4 SQUATS (RIGHT LEG)
3. FIGURE 4 SQUATS (LEFT LEG)
4. HOP FORWARD SQUATS
5. SQUAT HEEL TAPS
6. NARROW SQUATS
7. TRANSFORMER SQUATS
8. ROCKING CHAIR SQUATS
9. WALL SIT
10. DANCE / REST



SLIM DOWN WORKOUT #1

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

You will need a mat, 2 medium/heavy weights, and optional Ab Mat for this 20-minute full body workout. Each move is 45 seconds of work, followed by 15 seconds of rest.

COMPLETE 4 ROUNDS

1. 1 LEG BRIDGE (RIGHT LEG) + CHEST FLY
2. 1 LEG BRIDGE (LEFT LEG) + CHEST PRESS
3. STATIC LUNGE + RUNNING ARMS
4. SKULL CRUSHER SIT-UPS
5. NEW JACK PRESS-UPS



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SLIM DOWN WORKOUT #2

Link: https://youtu.be/EJ_iZ5f9SWI

You will need a mat, 2 moderate/light weights, 2 heavy weights, and optional Ab Mat for this 20-minute full body workout.

COMPLETE 4 ½ MINUTES

1. TO FAILURE: ELBOW-TO-HANDS PLANK
2. TO FAILURE: DEADLIFT

REST 40 SECONDS
COMPLETE 4 ½ MINUTES

1. TO FAILURE: BURPEES
2. TO FAILURE: STANDING SHOULDER TAPS

REST 40 SECONDS
COMPLETE 4 ½ MINUTES

1. TO FAILURE: RUSSIAN TWIST
2. TO FAILURE: PLANK KNEE TAPS

REST 40 SECONDS
COMPLETE 4 ½ MINUTES

1. TO FAILURE: 1,2,3 MOUNTAIN CLIMBERS
2. TO FAILURE: ALTERNATING KNEE PULL



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SLIM DOWN WORKOUT #3

Link: https://youtu.be/Md11_VxtAks

You will need a mat and 1 medium/heavy weight for this 20-minute full body workout. No shoes are needed for this workout! Each move is 45 seconds of work, followed by 15 seconds of rest.

COMPLETE 4 ROUNDS

1. WIDE SEATED 1-ARM PRESS (RIGHT ARM)
2. WIDE SEATED 1-ARM PRESS (LEFT ARM)
3. SIDE-LYING DUAL LEG LIFT (RIGHT SIDE)
4. SIDE-LYING DUAL LEG LIFT (LEFT SIDE)
5. KNEELING SQUAT LEAN



SLIM DOWN WORKOUT #4

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

You will only need a mat for this 10-minute core workout. You can extend this workout to 15 or 20 minutes. Each move is 45 seconds of work, followed by 15 seconds of rest.

COMPLETE 4 ROUNDS

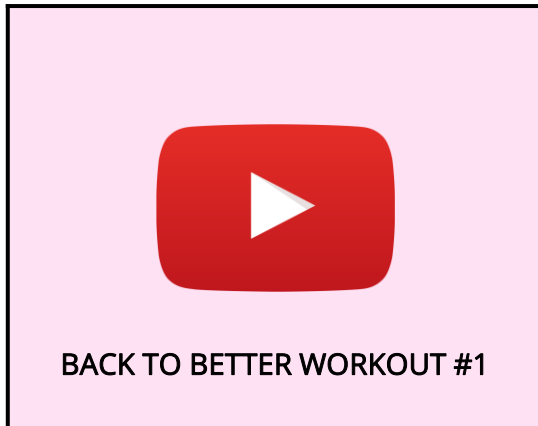
1. PLANK + ALTERNATING BOOTY KICK
2. ROLLOVER
3. ANKLE SHIMMY
4. SLOW BICYCLES
5. PLANK JACKS



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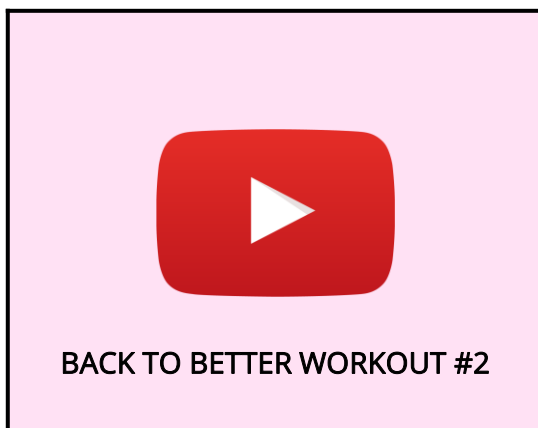
BACK TO BETTER WORKOUT #1

Link: <https://youtu.be/tjtwnjBTc3w>

You will need 2 Momsanity exercise sliders for this 20-minute full body workout. Each move is 45 seconds of work, followed by 15 seconds of rest.

COMPLETE 4 ROUNDS

1. SLIDING ABC'S (RIGHT HAND)
2. SLIDING ABC'S (LEFT HAND)
3. SLIDING L-SIT
4. SLIDING 1 LEG MOUNTAIN CLIMBERS (RIGHT LEG)
5. SLIDING 1 LEG MOUNTAIN CLIMBERS (LEFT LEG)



BACK TO BETTER WORKOUT #2

Link: <https://youtu.be/Ap2ngPKD1Q4>

You will need 1 moderate/medium weight and 2 heavy weights for this 20-minute full body workout. Each move is 45 seconds of work, followed by 15 seconds of rest.

COMPLETE 4 ROUNDS

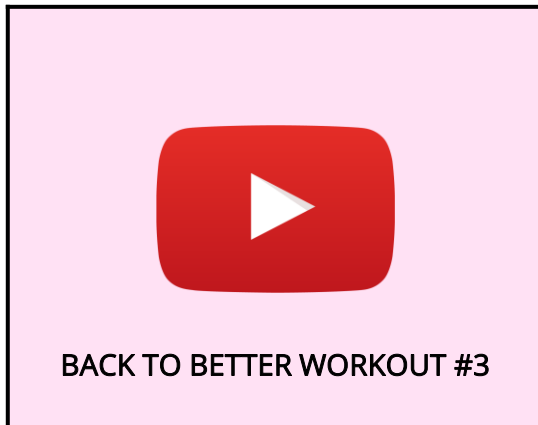
1. 1 ARM CLEAN AND PRESS (RIGHT ARM)
2. 1 ARM CLEAN AND PRESS (LEFT ARM)
3. SIDE PLANK + BICEP WRAP (RIGHT ARM)
4. SIDE PLANK + BICEP WRAP (LEFT ARM)
5. DEADLIFTS



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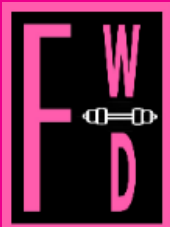
BACK TO BETTER WORKOUT #3

Link: <https://youtu.be/s68iflGaRzA>

You will need a resistance band and mat for this 20-minute booty workout. Each move is 60 seconds of work, followed by 20 seconds of rest.

COMPLETE 4 ROUNDS

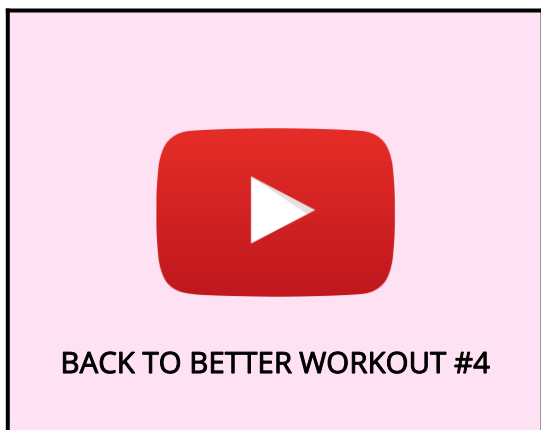
1. CLAM (RIGHT LEG)
2. CLAM (LEFT LEG)
3. FIRE HYDRANT (RIGHT LEG)
4. FIRE HYDRANT (LEFT LEG)
5. STANDING HIP HINGE ABDUCTION



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BACK TO BETTER WORKOUT #4

Link: <https://youtu.be/x3O3OY9I7a0>

You will need a mat for this 10-minute full body workout. No shoes needed!

COMPLETE 3 MINUTES

1. TO FAILURE: TRICEP DIPS
2. TO FAILURE: PLANK + PUNCH FORWARD

REST 30 SECONDS
COMPLETE 3 MINUTES

1. TO FAILURE: BICYCLES
2. TO FAILURE: PULSING BRIDGE DIP

REST 30 SECONDS
COMPLETE 3 MINUTES

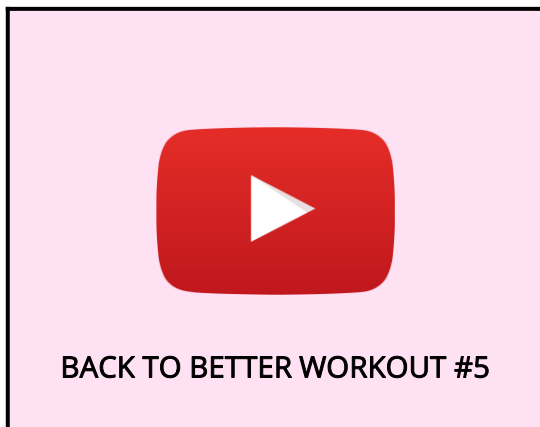
1. TO FAILURE: SIDE PLANK + LEG LIFT (RIGHT SIDE)
2. TO FAILURE: SIDE PLANK + LEG LIFT (LEFT SIDE)



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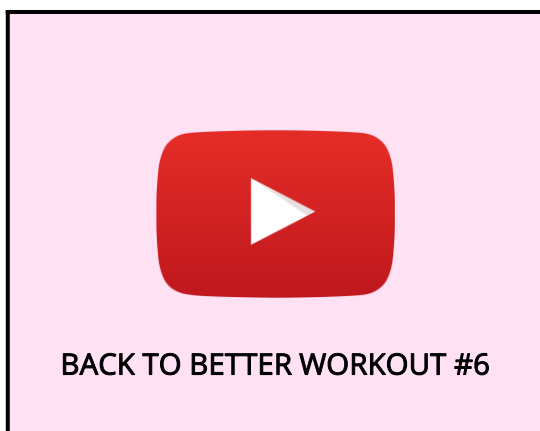
BACK TO BETTER WORKOUT #5

Link: <https://youtu.be/sZz6Z0yEAvM>

You will need 2 Momsanity exercise sliders and a mat for this 20-minute full body workout. Each move is 45 seconds of work, followed by 15 seconds of rest.

COMPLETE 4 ROUNDS

1. SLIDING MERMAID (RIGHT ARM)
2. SLIDING MERMAID (LEFT ARM)
3. SLIDING HAMSTRING CURLS
4. SLIDING STAGGERED PUSH-UPS
5. SLIDING FOREARM PLANK JACKS



BACK TO BETTER WORKOUT #6

Link: https://youtu.be/OK_ZIC0GRps

You will need 2 moderate/medium weight for this 20-minute full body workout. Each move is 45 seconds of work, followed by 15 seconds of rest.

COMPLETE 4 ROUNDS

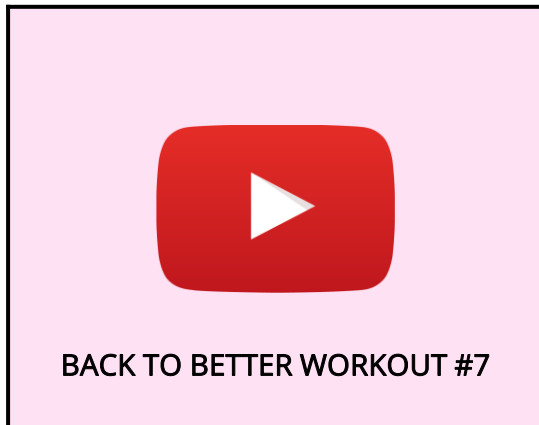
1. 5 PUNCHES OUT + SQUATTING 5 PUNCHES DOWN
2. CHEST PRESS CRUNCH + CHEST FLY CRUNCH
3. BENT OVER ROW + REVERSE FLY + TRICEP PRESSBACK
4. SQUAT + BICEP CURL + OVERHEAD PRESS
5. JUMPING JACK TOE TOUCHES



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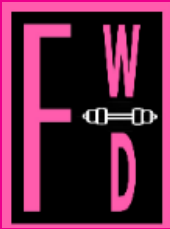
BACK TO BETTER WORKOUT #7

Link: <https://youtu.be/0D67XoMo37o>

You will need a resistance band, chair, mat, and potentially leggings for this 20-minute booty workout. Each move is 60 seconds of work, followed by 20 seconds of rest.

COMPLETE 3 ROUNDS

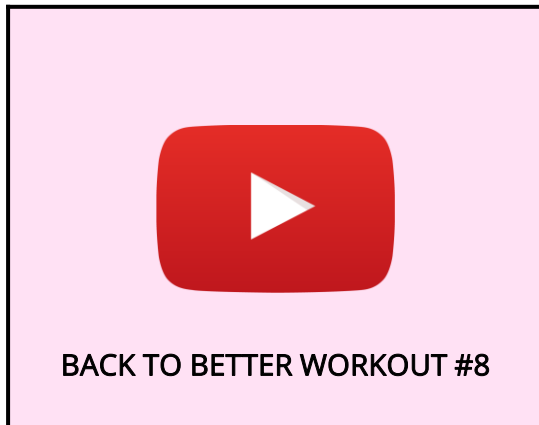
1. BANDED PULSING SQUAT
2. BANDED QUADRUPED HIP EXTENSION (RIGHT LEG)
3. BANDED QUADRUPED HIP EXTENSION (LEFT LEG)
4. BANDED SEATED HIP ABDUCTION
5. BANDED WALL SIT



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BACK TO BETTER WORKOUT #8

Link: <https://youtu.be/ywRMpg0OTss>

You will need a mat for this 10-minute full body workout. No shoes needed!

COMPLETE 3 MINUTES

1. TO FAILURE: PLANK ALTERNATING BOOTY KICKS
2. 2. TO FAILURE: BANANA ROLL

REST 30 SECONDS
COMPLETE 3 MINUTES

1. TO FAILURE: FROG LEG SIT-UPS
2. TO FAILURE: PLANK KNEE TAPS

REST 30 SECONDS
COMPLETE 3 MINUTES

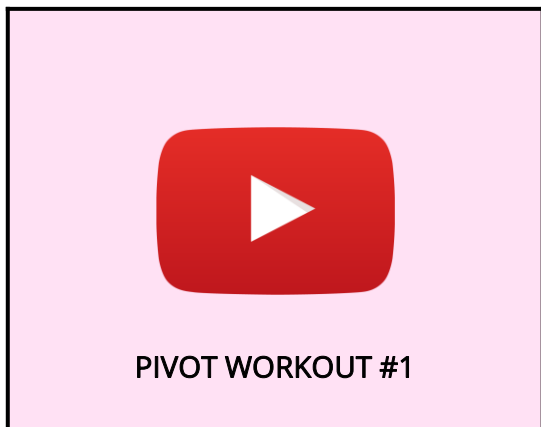
1. TO FAILURE: DEADBUG (RIGHT ARM/LEFT LEG)
2. TO FAILURE: DEADBUG (LEFT ARM/RIGHT LEG)



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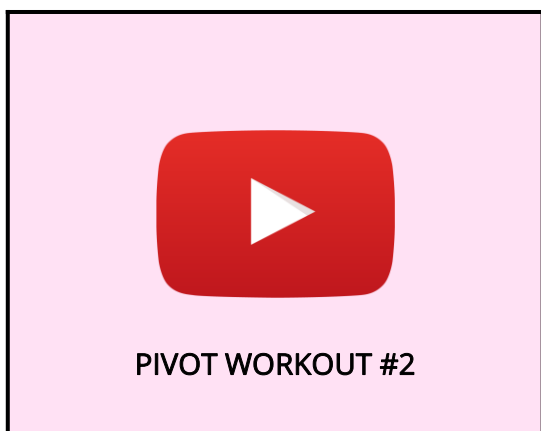
PIVOT WORKOUT #1

Link: <https://youtu.be/TaljhlnrE6c>

You will need 2 Momsanity exercise sliders and a mat for this 20-minute full body workout. Each move is 45 seconds of work, followed by 15 seconds of rest.

COMPLETE 4 ROUNDS

1. SLIDING KNEE TUCKS
2. SLIDING ALTERNATING REVERSE LUNGES
3. SLIDING ANKLE FLICKS
4. SLIDING BURPEES
5. SLIDING SQUAT CIRCLES



PIVOT WORKOUT #2

Link: <https://youtu.be/NxxZN2Bw70M>

You will need 2 moderate/medium weights and a mat for this 20-minute full body workout. Each move is 45 seconds of work, followed by 15 seconds of rest.

COMPLETE 4 ROUNDS

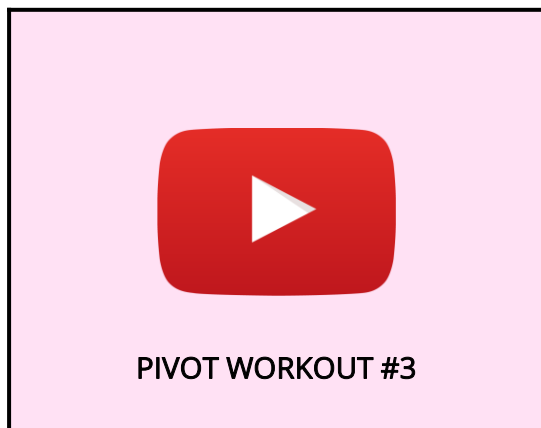
1. ALTERNATING RENEGADE ROW + PRESS
2. LAWNMOWER ROW (RIGHT ARM)
3. LAWNMOWER ROW (LEFT ARM)
4. THIGH WRAP (RIGHT LEG)
5. THIGH WRAP (LEFT LEG)



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PIVOT WORKOUT #3

Link: <https://youtu.be/1clbuW4VLck>

You will need a resistance band and a mat for this 20-minute booty workout. Each move is 60 seconds of work, followed by 20 seconds of rest.

COMPLETE 3 ROUNDS

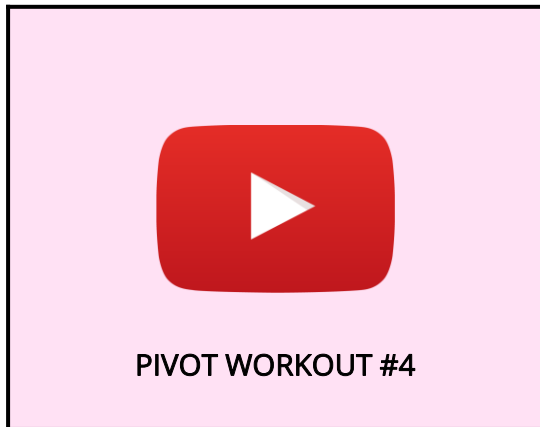
1. BANDED MONSTER WALK
2. BANDED BRIDGE DIPS
3. LATERAL BAND WALK
4. BANDED CHA CHA (RIGHT LEG)
5. BANDED CHA CHA (LEFT LEG)



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PIVOT WORKOUT #4

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

You will need a mat for this 10-minute full body workout. No shoes needed!

COMPLETE 3 MINUTES

1. TO FAILURE: SEATED QUAD LIFT (RIGHT LEG)
2. TO FAILURE: SEATED QUAD LIFT (LEFT LEG)

REST 30 SECONDS
COMPLETE 3 MINUTES

1. TO FAILURE: PLANK SHOULDER TAPS
2. TO FAILURE: PIKE PUNCHES

REST 30 SECONDS
COMPLETE 3 MINUTES

1. TO FAILURE: STATIC PUSH-UP
2. TO FAILURE: SYNCHRONIZED LEG CIRCLES