

# The Wedding Workout

Exercise	Beginner	Intermediate	Advanced
<b>Curl Up's</b>	10, legs down	20, legs down or 10, legs in tabletop	20, legs in tabletop
<b>Plank</b>	Half plank, 30 seconds	Full plank, 30 seconds	Full plank, 1 minute
<b>Side Curl Up's (No band? Do triceps pulses here)</b>	10 each side, legs down.	20 each side, legs down or 10 each side, legs in tabletop.	20 each side, legs in tabletop.
<b>Plank</b>	Half plank, 30 seconds	Full plank, 30 seconds Add alternating arm circles	Full plank, 1 minute Add alternating arm circles
<b>Midback Exercise</b>	1 set of 15	2 sets of 15	3 sets of 15
<b>Plank</b>	Half plank, 30 seconds	Full plank, 30 seconds. Alternate legs lifting	Full plank, 1 minute Alternate legs lifting
<b>Pike</b>	On elbows. Hold 30 seconds	On elbows. Hold 1 minute	On hands. Push up.
<b>Triceps Pulses</b>	30 seconds up+down 30 seconds side to side	2 sets of: 30 seconds up+down 30 seconds side to side	3 sets of: 30 seconds up+down 30 seconds side to side Optional: hold weights
<b>Pec Stretch (No band? Use a towel)</b>	10		
<b>V Stretch</b>	Sidebend each way, then stretch over each leg, then stretch straight forward. Hold each stretch for 30 seconds.		

Copyright: Kathrin Spinnler

This spreadsheet is available for download at the Wedding Crafts Academy Website:

[www.weddingcraftsacademy.com/wedding-workouts](http://www.weddingcraftsacademy.com/wedding-workouts)