



FIT in FOUR

by Angelica Ventrice





4 WEEK PLAN

FIT in FOUR

WEEK 1

Bodyweight, Core &
Glute Activation

WEEK 2

Progression In Strength,
Adding In Light Weight

WEEK 3

Single Legged Movements
& Strength Progression

WEEK 4

Pulling It All Together. Go
Heavy Or Go Home!



Hey there!

So excited for you to begin this journey!

Here are some basic tips to guide you through this course:

- 1) Watch the welcome video first!
- 2) There are three workouts a week that can be added to a running/cardio day or completed on a non-cardio day. The choice is yours.
- 3) I highly recommend foam rolling and stretching and taking 1 full rest day a week to let your body recover.
- 4) I also recommend tracking your daily food intake and keep a journal of how you feel when you eat.

I look forward to supporting you and seeing you get FIT in FOUR.

In Love & Muscles,

Coach Ang



WEEK 1

THE BASICS BODYWEIGHT, CORE & GLUTE ACTIVATION



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WEEK 1

THE BASICS *BODYWEIGHT, CORE & GLUTE ACTIVATION*

DAY 1

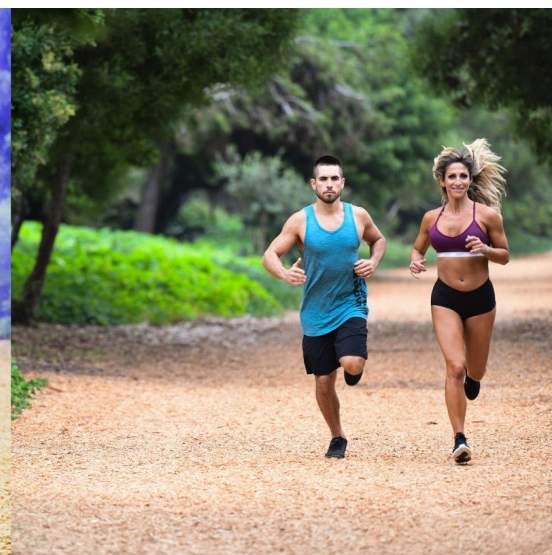
CIRCUIT 1 - 3 rounds

Glute Bridges (1 minute)
Bird Dogs (30 seconds each side)
Single Leg Glute Bridge
Forearm Plank (1 minute)

CIRCUIT 2 - 4 rounds x 1 minute per movement

Squats (focus on form, depth, knee alignment)
Good Mornings
Side Step With Band
Duck Walk

[SEE WORKOUT VIDEOS](#)





WEEK 1

THE BASICS *BODYWEIGHT, CORE & GLUTE ACTIVATION*

DAY 2

CIRCUIT 1 - 3 rounds x 15 reps per movement

Banded Glute Bridges

Donkey Kicks - Right & Left Sides (15 reps each side)

Clam Shells with Band

Forearm Plank

CIRCUIT 2 - 3 rounds x 15 reps per movements

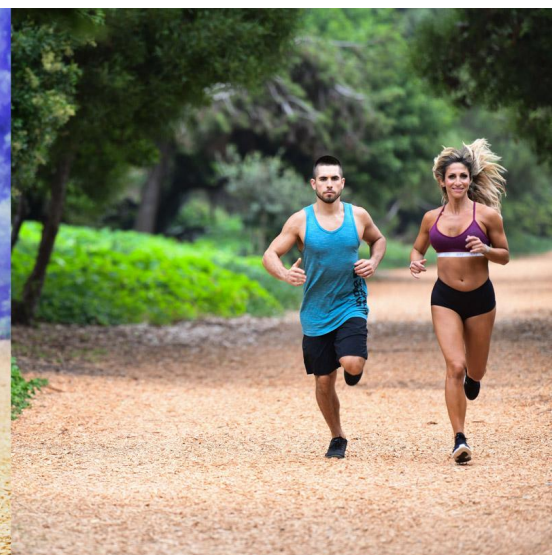
Split Squat Bodyweight - Right & Left Sides (15 reps each side)

Pop Squats

High Plank with Leg Lifts

Deadbugs

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WEEK 1

THE BASICS *BODYWEIGHT, CORE & GLUTE ACTIVATION*

DAY 3

Perform all movements in circuit fashion, minimal rest between movements

45 secs each x 4 rounds

Banded Squats

Jump Squats

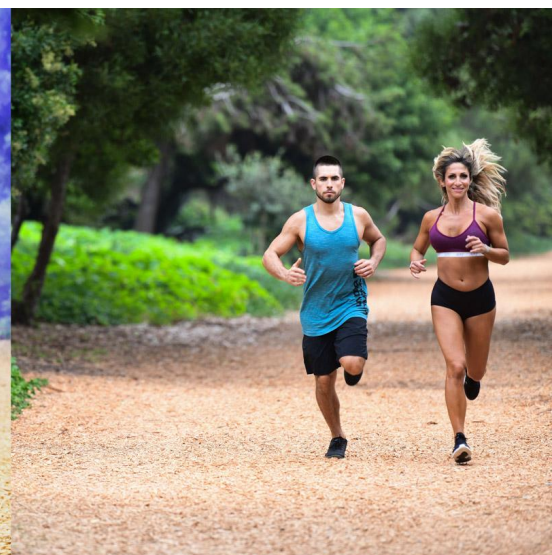
Side Steps

Feet Elevated Hip Thrusts

Side Plank - Right & Left Sides

Forearm Plank Shift (move forward and backwards slowly, just a few inches)

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WEEK 2

PROGRESSION IN STRENGTH ADDING IN LIGHT WEIGHT



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WEEK 2

PROGRESSION IN STRENGTH *ADDING IN LIGHT WEIGHT*

DAY 1

CIRCUIT 1 - 4 rounds

Side Lunge with Shoulder Press (15 each side)

Jump Squats

Glute Bridges w/ DB on Hips (20 reps)

Plank Knee Drops (1 minute)

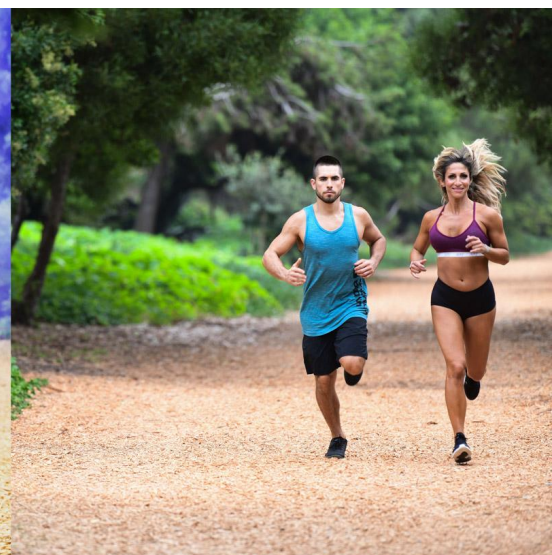
CIRCUIT 2 - 4 rounds x 30-45 secs per movement

Sumo squat w DB Deadlifts

Jump Lunges

Hollow Body Hold

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WEEK 2

PROGRESSION IN STRENGTH *ADDING IN LIGHT WEIGHT*

DAY 2

CIRCUIT 1 - 3 rounds x 15 reps per movement

Squat Press

Jump Squats

Forearm Plank Shift (1 minute, move slowly forward and backwards, just a few inches)

CIRCUIT 2 - 3 rounds x 15 reps per movements

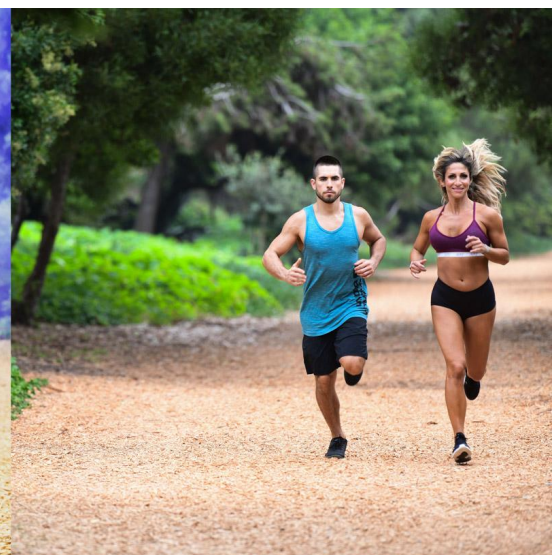
Split Squat w DBs

Pop Squats

High Plank with Leg Lifts

Superman Lat Pull

[SEE WORKOUT VIDEOS](#)





WEEK 2

PROGRESSION IN STRENGTH *ADDING IN LIGHT WEIGHT*

DAY 3

Perform all movements in circuit fashion, minimal rest between movements

45 secs each x 4 rounds:

Side Steps

Banded Deadlifts

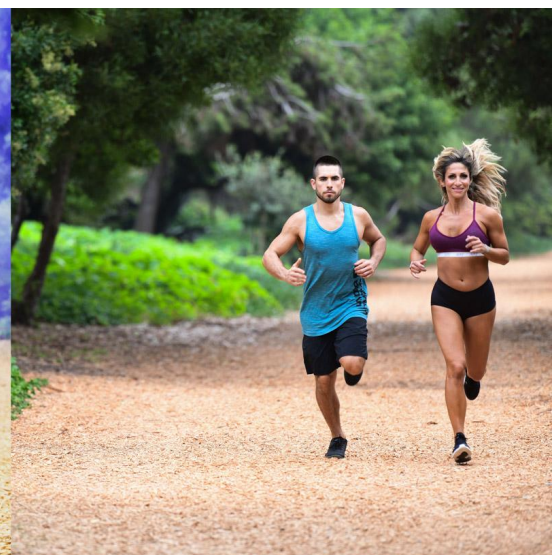
Feet Elevated Hip Thrusts

Single Leg Reverse - Right & Left Sides

Explosive Push-ups

Leg Lowers

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WEEK 3

SINGLE LEGGED MOVEMENTS & STRENGTH PROGRESSION



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WEEK 3

SINGLE LEGGED MOVEMENTS & STRENGTH PROGRESSION

DAY 1

CIRCUIT 1 - 3 rounds 45 secs per movement

Side Step with Band

Banded Goblet Squat

DB Chest Press with Active Glute

Bridge Renegade Row

CIRCUIT 2 - 4 rounds x 15 reps of each

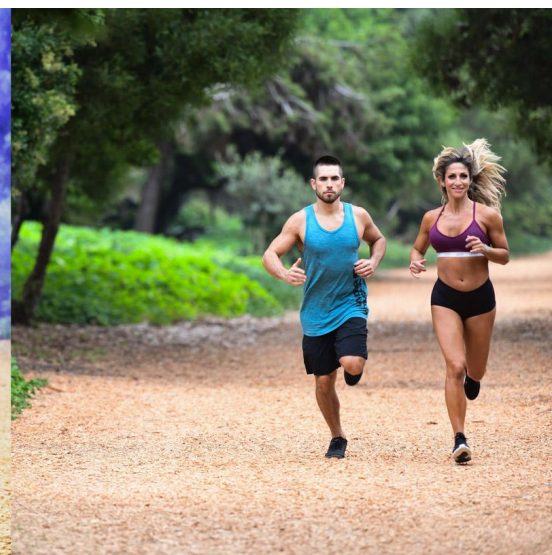
Squat into Curtsy (10 each leg)

Deadlift Row

DB Jump Squats

Single Leg Sit Stand

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WEEK 3

SINGLE LEGGED MOVEMENTS & STRENGTH PROGRESSION

DAY 2

CIRCUIT 1 - 4 rounds 45 seconds per movement

Single Leg Deadlift - Right & Left Sides

Single Leg Reverse Hop - Right & Left Sides

Plank Walk Outs

Hollow Body Hold

CIRCUIT 2 - 3 rounds 15 reps per movement

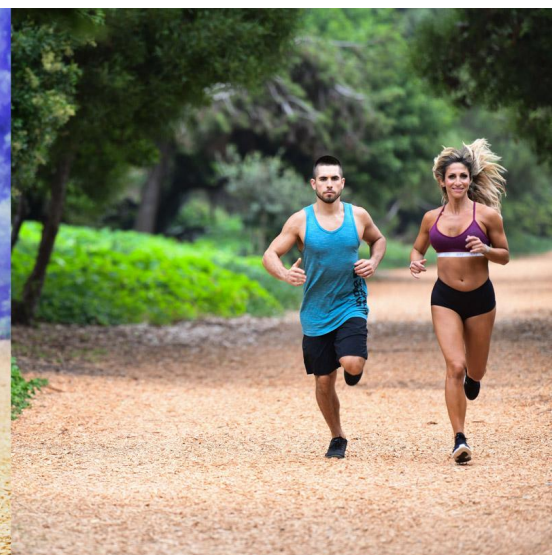
Split Squat w/ DBs

Sumo Squat w Bicep Curl

Weighted Jump lunges

Leg Lowers (holding DBs)

[SEE WORKOUT VIDEOS](#)





WEEK 3

SINGLE LEGGED MOVEMENTS & STRENGTH PROGRESSION

DAY 3

3 rounds 45 seconds per movement with minimal rest,
circuit fashion

Side Step w/Band (hold light DBs)

Deadlift to Row

Single Arm Pull n Press - Right & Left Sides

Feet Elevated DB Glute Bridge

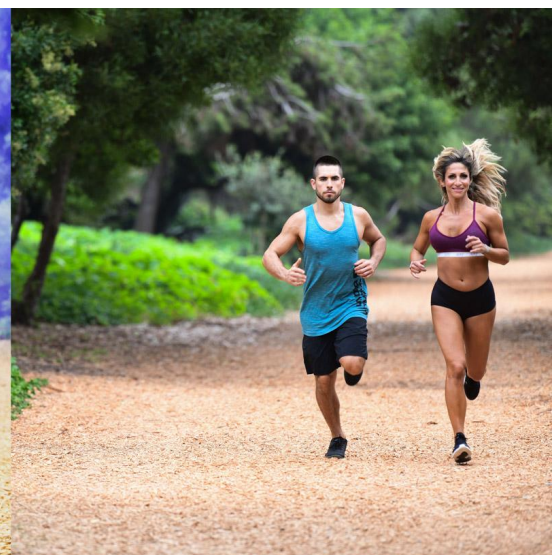
Skater Jumps

Lateral Bear Crawl

Walk Leg Lowers

Rope Climb

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WEEK 4

PULLING IT ALL TOGETHER. GO HEAVY OR GO HOME!



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WEEK 4

PULLING IT ALL TOGETHER. *GO HEAVY OR GO HOME!*

DAY 1

CIRCUIT 1 - 4 rounds x 12 reps
per movement

(choose heavier weights)

DB Sumo Deadlift

Side Lunge with Press

Pop Squats w/ Bicep Curl

Deadlift to Row

DAY 1 CONTINUED

CIRCUIT 2 - 3 rounds x 12 reps
per movement

(choose heavier weights)

Front Squat Press

Single Leg Deadlift

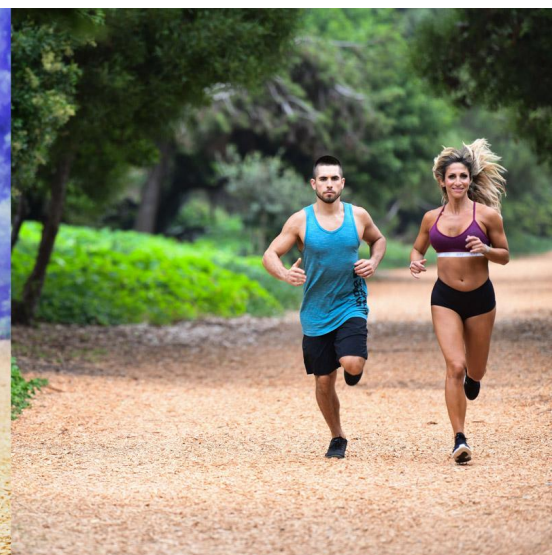
- Right & Left Sides

Single Leg Sit

- Right & Left Sides

Bear Crawl Hold (45 seconds)

[SEE WORKOUT VIDEOS](#)





WEEK 4

PULLING IT ALL TOGETHER. *GO HEAVY OR GO HOME!*

DAY 2

CIRCUIT 1 - 3 rounds x 45 seconds per movement (choose heavier weights)

Circuit Style

Goblet Squat

Jump Squats

Squat Into Curtsy

Renegade Row

DB Glute Bridge

DAY 2 CONTINUED

CIRCUIT 2 - 3 rounds 12 reps per movement

Bulgarian Split Squat

- Right & Left Sides

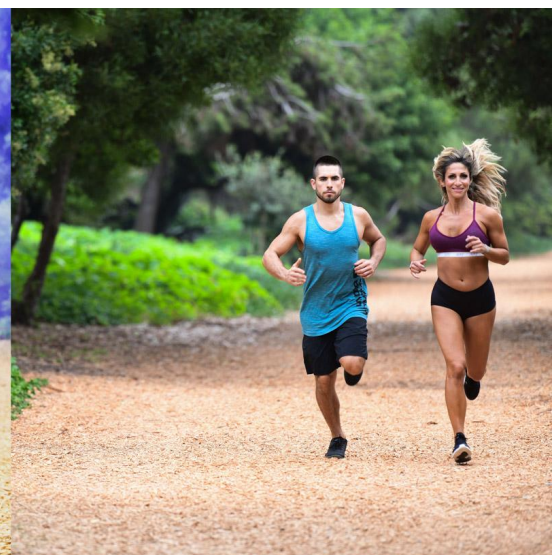
Weighted Jump Lunges

Chest Press with Active Glute

Bridge High Plank

Leg & Arm Lift (20 total reps)

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WEEK 4

PULLING IT ALL TOGETHER. *GO HEAVY OR GO HOME!*

DAY 3

CIRCUIT 1 - 4 rounds

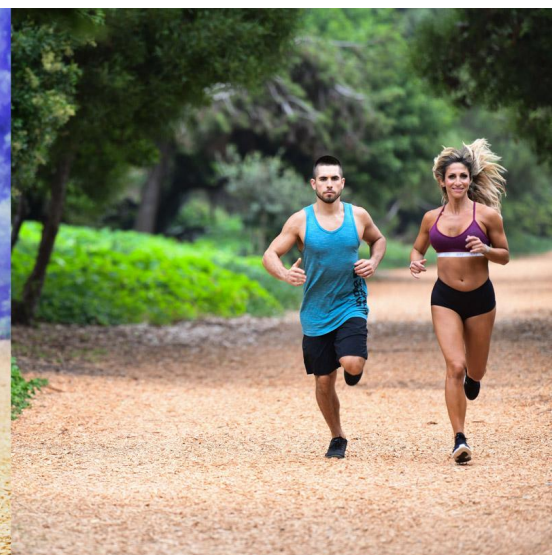
DB Deadlift with Band (heavier DBs, 12 reps)
Front Squat Press (12 reps)
Hi Low Knees (45 secs)
Superman Lat Pull (45 secs)
Hollow Body Hold (45 secs)

DAY 3 CONTINUED

CIRCUIT 2 - 4 rounds 1 minute per movement

DB Burpee w Press
Side Lunge Shift w DB
Feet Elevated DB Glute Bridge
Plank Walk Outs
Leg Lowers w DB's

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