



Demi Moore Workout Plan

Exercise	Set 1	Set 2	Set 3
Day1: Core and Upper Body			
10 minute warm-up jog on treadmill			
3x20 ab crunches on floor			
3x30 seconds plank			
3x12 front dumbbell raises			
3x10 back extensions on stability ball			
3x12 shoulder presses with dumbbells			
3x12 bent-knee hip raises (back on floor)			
3x10 push-ups (can have knees on floor)			
10 minute cool-down on elliptical trainer			
Day 3: Cardio			
3 minutes: warm-up on treadmill (get a sweat going)			
5 minutes: Raise incline to 8 and speed to 3.8mph			
5 minutes: Lower include to 1 and increase speed to 7mph			
5 minutes: Raise incline to 8 and speed to 3.8mph			
5 minutes: Lower include to 1 and increase speed to 7mph			
15 minutes: on elliptical or bicycle at moderate intensity			
3 minutes: cool down			
Day 3: Lower Body, Back and Arms			
10 minute warm-up jog on treadmill			
3x20 step-ups onto bench with dumbbells			
3x10 triceps rope pull downs			
3x10 deadlift with dumbbells			
3x12 forward step lunges with arms crossed at chest			
3x12 bicep curls with dumbbells			
3x10 squats with stability ball on wall			
3x10 seated cable rows			

[Workout provided by www.weightlossandtraining.com](http://www.weightlossandtraining.com)