

NICOLE WILKINS

BACK ON TRACK PLAN



*7 Days to a Fitter,
Stronger You!*

Welcome to Your Workout Plan!

This plan is all about helping you get back into a routine — moving your body, feeling stronger, and building momentum one day at a time.

Your workouts are split into an upper/lower body format to give your muscles time to recover while keeping your body challenged throughout the week. Each session takes less than 45 minutes, requires minimal equipment, and can be done on whatever days work best for your schedule — just be sure to follow them in order.

Here's a suggested weekly layout:

Monday: Workout 1 – Upper Body

Tuesday: Workout 2 – Lower Body

Wednesday: Rest/Recovery

Thursday: Workout 3 – Upper Body

Friday: Workout 4 – Lower Body

Saturday: Rest/Recovery

Sunday: Rest/Recovery

Four workouts per week is more than enough to start seeing real progress without feeling overwhelmed or burnt out.

So what should you be doing on your Rest/Recovery days? Whatever you have time for, and whatever you're going to look forward to doing. Because if you have time and energy, adding in some light movement can support recovery, improve energy, and help you stay consistent!

I recommend focusing on general movement, also known as NEAT (Non-Exercise Activity Thermogenesis). That means staying active in your everyday life with things like:

- » Post-meal walks
- » Walking the dog
- » Parking farther away than you usually would when running errands
- » Standing/pacing during meetings or calls (if appropriate)
- » Cleaning, errands, or light yard work

If you can, aim for 7,500–10,000 steps a day — but don't stress if that's not realistic right now. Just keep showing up.

I'll be there to coach you through every workout, so all you have to do is press play and follow along.

Let's do this together — one day at a time.

A handwritten signature in black ink that reads "Nicole".

WORKOUT 1

DAY 1: MONDAY - UPPER BODY

Rest 60 seconds after all all sets/trisets/circuits unless otherwise noted

EXERCISE	SETS	REPS/TIME
WARMUP <i>Perform 3 rounds minimal to no rest</i>		
Arm Swings	3	5 (each arm)
Cat-Cow	3	5
Downward Dog with Calf Pedal to 2 Push-Ups	3	5
Scapular Push-Up	3	5
Dumbbell Bench Press	5	5
TRISSET		
Two Arm Dumbbell Row	3	8-10
1¼ Rep Arnold Press	3	8-10
Standing Overhead Dumbbell Triceps Extension <i>*tempo 3-1-1</i>	3	8-10*
CIRCUIT: 9 minutes <i>Perform 3 rounds 45 seconds each exercise followed by 15 seconds rest</i>		
Standing Dumbbell Lateral Raise to Curl		45 seconds
Dumbbell Chest Fly to Leg Lift		45 seconds
Ab Roll-Up* <i>*use dumbbell</i>		45 seconds
CIRCUIT: 9 minutes <i>Perform 3 rounds 45 seconds each exercise followed by 15 seconds rest</i>		
Dumbbell Push Press		45 seconds
Plank Row to Plank Jack		45 seconds
Bench Step-Up		45 seconds



TAP HERE TO
START THE
WORKOUT

WORKOUT 2

DAY 2: TUESDAY - LOWER BODY

Rest 60 seconds after all all sets/trisets unless otherwise noted

EXERCISE	SETS	REPS/TIME
WARMUP <i>Perform 3 rounds minimal to no rest</i>		
Runners Lunge with 3 Pulses (2x each leg)	3	2 (each leg)
Bodyweight Shifting Deep Squat <i>*shift bodyweight from side to side</i>	3	6
Bodyweight Squat Slow Squat	3	3
Split Squat With Side Reach	3	3 (each side)
Barbell Squat Alternative: Dumbbell Goblet Squat	4	8
TRISSET		
Dumbbell Hip Thrust <i>*10 full ROM/10 partials/10 full ROM/10 partials = 1 set</i>	4	10/10/10/10*
Dumbbell Sumo Squat	4	10-15
Side Lying Hip Abductions <i>*move from one side to the next with no rest in between</i>	4	10* (each side)
SUPERSET: 6 minutes <i>Perform each exercise for 30 seconds for a total of 4 rounds. Rest 30 seconds after each round.</i>		
Dumbbell Jump Squat		30 seconds
Dumbbell Reverse Lunge w/High Knee Twist <i>*perform all exercises with one leg before switching to the other</i>		30 seconds
SUPERSET: 6 minutes AMRAP <i>As many rounds as possible in 6 minutes rest when necessary</i>		
Dumbbell Romanian Deadlift to High Pull		10
Lateral Bounding Lunge		6 (each leg)



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WORKOUT 3

DAY 4: THURSDAY - UPPER BODY

Rest 60 seconds after supersets/trisets/circuits unless otherwise noted

EXERCISE	SETS	REPS/TIME
WARMUP <i>Perform 3 rounds minimal to no rest</i>		
Alternating World's Greatest Stretch with Hamstring Stretch	3	6
Wall Angels	3	5
Dumbbell External Rotation	3	10 (each arm)
Sumo Squat to Hamstring Stretch	3	5
SUPERSET		
Reverse Grip Barbell Row Alternative: Reverse Grip Dumbbell Row	4	8-10
1¼ Push-Up	4	5
TRISSET		
Dumbbell Around the World Lateral Raise to Drag Curl	3	10
Dumbbell Incline Hammer Curl	3	10
Dumbbell Close Grip Incline Presses	3	10
CIRCUIT <i>Perform 2 Rounds 40 seconds each exercise followed by 20 seconds rest</i>		
Lateral Shuffles to Burpee		40 seconds
Plank Shoulder Tap to Knee Tap		40 seconds
One-Arm Dumbbell Snatch to Overhead March <i>*Rd 1 right arm, Rd 2 left arm</i>		40 seconds
Plank Mountain Climber		40 seconds
CIRCUIT: 5 minutes AMRAP <i>As many rounds as possible in 5 minutes rest when necessary</i>		
Seated Rotational Press		10 (total)
Scissors		20 (total)
Weighted Side Plank Reach		5 (each side)



WORKOUT 4

DAY 5: FRIDAY - LOWER BODY/ACCESSORY/CORE

Rest 60 seconds after supersets/trisets/circuits unless otherwise noted

EXERCISE	SETS	REPS/TIME
WARMUP <i>Perform 2 rounds minimal to no rest</i>		
Bodyweight Squat to Calf Raise	2	5
Bodyweight Single-Leg Deadlift to Knee Drive	2	5 (each leg)
High Knees with a Pause	2	10 (each leg)
Glute Bridge with March	2	10
TRISSET		
Barbell Romanian Deadlift Alternative: Dumbbell Romanian Deadlift	2	10
Bodyweight Bulgarian Split Squat Jump <i>*Jump for the first 5 reps, no jump for the last 5 reps</i>	2	5/5*
Single Leg Glute Raise To Leg Raise w/Isometric Glute Raise	2	10/10
CIRCUIT: 12 minutes <i>Perform 4 rounds 30 seconds each exercise followed by 15 seconds rest Rd 1 and 3 right leg; Rd 2 and 4 left leg</i>		
Single Leg Dumbbell Romanian Deadlift* <i>*perform with one knee on bench</i>		30 seconds
Lateral Leg Lift Over the Bench		30 seconds
Clamshells		30 seconds
Dumbbell Reverse Lunge to Curtsy Lunge		30 seconds
CIRCUIT: 9 minutes EMOM <i>Every minute on the minute Perform 3 rounds total</i>		
Minute 1//4//7: Lateral Frog Jumps to Broad Jump		
Minute 2//5//8: Single Leg Dumbbell Skater with Deadlift		
Minute 3//6//9: Alternating Single Arm Dumbbell Swings		
TRISSET: 6 minutes AMRAP <i>As many rounds as possible in 6 minutes rest when necessary</i>		
Alternating Tuckups		10
Dumbbell Windshield Wipers		8
Oblique Sit-Up		6 (each side)

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