

Total Body // 30/15 x 3

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
1. Weight- Squats w/calve Raises						
2. Weight- Lunge R						
3. Weight- Lunge L						
4. Incline Push-ups						
5. Weight- Squat to overhead						
6. Bench - Side to Side w/weight						
7. Alt Step up w/Bicep curls						
8. Alt Step up w/pull-ups						
9. Step ups R - Hold weight						
10. Step ups L - Hold weight						

Lowerbody // 30/15 x 3

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
1. Standing Diagonal Straight Kicks R						
2. Standing Diagonal Straight Kicks L						
3. Chair - Single Leg Stands R						
4. Chair - Single Leg Stands L						
5. Standing Front Straight Lifts R						
6. Standing Front Straight Lifts L						
7. Standing - Side Lifts R						
8. Standing - Side Lifts L						
9. Single Bear Hold Pulses R						
10. Single Bear Hold Pulses L						

Upperbody // 30/15 x 3

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
1. Walk Down to Side Plank R						
2. Tricep Push-ups R						
3. Walk Down to Side Plank L						
4. Tricep Push-ups L						
5. Push-up Hold w/ Alt Toe Tap						
6. Plank Fly R						
7. Chair- Tricep R						
8. Plank Fly L						
9. Chair- Tricep L						
10. Standing Tricep Presses						

Core/Cardio // 30/15 x 3 // Advanced: Crunches (15 Sec)

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
1. Side Push-up Walks						
2. High Knees						
3. Hit the Floor						
4. Side Leaps						
5. Half Burpees						
6. Floor Touches						
7. Side Shuffles						
8. Backward Jumps, Side Side						
9. Forward Jump w/ Burpee						
10. Quick Feet						