

Week 1 & 3 // Day 1: BALANCE AND STABILITY // Timer: 1 min : 30 sec 3x

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
30 Seconds: Sprinter R/L						
Squat with Cross Body Swing R/L						
Bench – Plank holds R/L Leg Lift						
Bench – Hamstring Lift R/L						
Superman Hold R/L						
Weight – Overhead Single Squat with Jumps R/L						

Week 1 & 3 // Day 2: CORE // Timer: 1 min : 30 sec 3x

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
30 Seconds: Cross unders R/L						
Plank – under to upward R/L						
Weight – Arm to leg R/L						
Plank – out, knee, back w/lift R/L						
Weight – side to side, hold						
Side pull downs R/L						

Week 1 & 3 // Day 3: LOWERBODY // Timer: 1 min : 30 sec 3x

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
30 seconds: Sumo squats						
Weights- cleans to 2 squats						
Single leg jump in R/L						
Weights-Travel squats, lunges						
Bench- Lunge w/weight R/L						
Zig zag jumps R/L						

Week 1 & 3 // Day 4: UPPERBODY // Timer: 1 min : 30 sec 3x

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
30 seconds: Shoulder push-ups						
Weight- Squat to swing						
Plank jack to squat pop						
Weight- Snatch R/L						
1 arm burpee pushback R/L						
Bench- deep push-ups, Triceps dips						

Week 1 & 3 // Day 5: CARDIO // Timer: 1 min : 30 sec 3x

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
30 Seconds: Squat jump, side to side						
Jump over, floor, lunge R/L						
Bench – 5 step ups, 5 mt climbers R/L						
Bench – single leg Jumps R/L						
High knees, skis						
Weight – shuffle w/press R/L						