

**Week 10 & 12 // Day 1: BALANCE AND STABILITY // 6,4,2 reps, 3x**

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
1 Minute in Between – Single Leg Jump Rope R/L, Rest			
Weights – Leg Lifts, Single Leg Chest Press R/L			
Single Leg Forward Jumps w/ Press, Single Leg Squat Jump rows R/L			
Weight – Single Leg rotationals R/L, Flies			
Cardio – Semi Circle Planks(walks), Single Leg Half Burpees R/L			

**Week 10 & 12 // Day 2: CORE // 6,4,2 reps, 3x**

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
1 minute in Between – Crunches			
Side Lunge to Burpee, Squat Pops			
Mats - Push-up throws w/ walk Backs, Forward Jumps			
Bench - Jump ons, Alt Snatch			
Rope - Jump over Climbers, Hit the Floor			

**Week 10 & 12 // Day 3: LOWERBODY // 6,4,2 reps, 3x**

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
1 minute in Between – Sumo Squat w/ weight to Calve raise			
Kick Throughs R/L			
Mats- Back Lunge, Side Lunge, Forward Lunge R/L			
Bench- Single Leg Jump ons R/L			
Low Lunge Hold w/ Back Lift R/L			

**Week 10 & 12 // Day 4: UPPERBODY // 6,4,2 reps, 3x**

\* 1 min Rest Between 2 and 3

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
1 minute in Between – Around the world w/ weights			
Mat - Plank walks (square) R/L			
Wide Leg tricep Push-ups, Chest Push-ups			
Bench - Decline Semi Circle Plank walks, Tricep dip Holds			
Single Leg Bicep Pumps R/L			

**Week 10 & 12 // Day 5: CARDIO // 6,4,2 reps, 3x**

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
1 minute in Between – Prisoner Squat Jumps w/ weight			
Backward Lunge w/ Biceps Curls R/L			
Side walks w/ Pullbacks, Jump in w/ Flies alt			
Lunge Hold w/ Pullups, Lunge Hold w/ tricep Press R/L			
Bowlers Lunge w/ overhead Press R/L			