

Week 13 & 15 // Day 1: BALANCE AND STABILITY // 20/10 x 3 \* Stay 2 Times Before Rotating

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Single Leg Push-up To Jump in R/L						
Down Dog To Knee R/L						
Bench - Squat Knee 2, Single Leg Dips 2 R/L						
Down Dog To Knee R/L						
Weight - Single Leg Squat To Side Raises // To Front Raises						
Down Dog To Knee R/L						
Weight - Side Lunge R/L						
Down Dog To Knee R/L						

Week 13 & 15 // Day 2: CORE // 20/10 x 3

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Bicycles, Full Body Hold						
Weights - Russian Twists						
Ball - Lower Lifts, holds w/weight						
Weight - Ab Tucks						
Mat - Alt Swimmers, Holds						
Weights - Russian Twists						
Stand - Side To Side weight						
Weight - Ab Tucks						

Week 13 & 15 // Day 3: LOWERBODY // 20/10 x 3

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Single Leg Crawls R						
Bench - Lunge w/ Knee R/L						
Backward Lunge Step Back R/L						
Squat w/ Weight						
Side Lunges w/ Hand Touch R/L						
Bridge Hold R/L						
Single Leg Crawls L						
Hip Thrusts Holds R/L						

Week 13 & 15 // Day 4: UPPERBODY & CARDIO // 20/10 x 3

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Rows To Burpee						
5 Shoulder Press To 5 weighted Side Planks R/L						
Bicep Curls w/ Alt Lunges						
Bench - 5 Side To Side, Jump-ons						
Overhead Climbers						
Tricep Dips						
5 Squat Jumps, 5 Push-ups						
Step ups To Tricep Presses R/L						

Week 13 & 15 // Day 5: TOTAL BODY // 20/10 x 3

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Push-up, Plank Jack Hop						
Chair - Fan Kicks						
Weight - Lateral Squat Presses						
Weight - Lunge To overhead R/L						
Quick Feet To Floor						
Weight - walking Lunge w/ Arm Hold						
Plank - Knee Climbers						
Sitting - Knee Tucks w/ Raises						