

Week 14 & 16 // Day 1: BALANCE AND STABILITY // 45/15 x 3 - Set, Increase, Match

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Single Leg kicks R						
Single Leg Deadlifts R						
Single Leg kicks L						
Single Leg Deadlifts L						
Leg Taps						
Single Leg Overhead Hold R						
Single Leg Overhead Hold L						

Week 14 & 16 // Day 2: CORE & CARDIO // 45/15 x 3 = Set, Increase, Match

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Tucks - Down & up						
Half Burpees						
Full Extension						
Surfer Touches						
Ball Passes						
Side To Side jumps						
Bicycle Crunches						

Week 14 & 16 // Day 3: LOWERBODY // 45/15 x 3 - Set, Increase, Match

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Weighted Front Squats						
Weighted Lunges R						
Weighted Lunges L						
Clean & Press						
Bench - Squat Knee Lift R						
Bench - Squat Knee Lift L						
Hamstrings Holds						

Week 14 & 16 // Day 4: UPPERBODY // 45/15 x 3 - Set, Increase, Match

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Bench - Tricep Dips						
Weight- Bent Over Rows						
Pull-ups						
Shoulder Push-ups						
Side To Side Planks						
Overhead Plank Presses						
Bicep Curls						

Week 14 & 16 // Day 5: CARDIO // 45/15 x 3 - Set, Increase, Match

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Mat jumps						
Burpee Lunge R						
Burpee Lunge L						
Step up Bicep Curls R						
Step up Bicep Curls L						
Single Leg Stand ups (weight)						
Single Leg Stand ups (weight)						