

Week 17 & 19 // Day 1: BALANCE AND STABILITY // 40/20, 3x - 5 Reps, Hold 5

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Bench - Reverse Lunge Drive						
Pistol Squats						
Weight - Single Leg Jump 5 Single Arms (5 Reps Each)						
Bench - Single Leg Push-up						
Side Plank Hold						
Single Leg Warrior 3						

Week 17 & 19 // Day 2: CORE // 40/20, 3x - 5 Reps, Hold 5

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Plank - Knee, Side Knee back R/L						
Alt. Arm/Leg Extension R/L						
Bicycle Crosses R/L						
Lower Circles R/L						
Overhead w/ Weight						
Side w/ Weight						

Week 17 & 19 // Day 3: LOWERBODY // 40/20, 3x - 5 Reps, Hold 5

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Reverse Mt. Climbers R/L						
Weights - Knees to Stand R/L						
Lunge Hold - Calve Raise w/ Weight R/L						
Side Lunges R/L						
GLUTES - Upward Heels R/L						
GLUTES - Outside Presses R/L						

Week 17 & 19 // Day 4: UPPERBODY // 40/20, 3x - 5 Reps, Hold 5

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Traps/Weight - Lift Forward/Back						
Ball/Bench - Chest Press						
Bench - Incline Push-up						
Biceps						
Upright Rows/Bent Over						
Single Arm Rows R/L						

Week 17 & 19 // Day 5: CARDIO // 40/20, 3x - 5 Reps, Hold 5

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Squat Wall Throws R/L						
Bench - Push-up Plank Jack Step up R/L						
Running Lateral Movements						
Bench - Step up Jumps R/L						
Push-up walk to Jump Release						
Switch Lunge Squat Tap						