

Week 18 & 20 // Day 1: BALANCE AND STABILITY // 50/10 x 3

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Leg Presses w/ Outward Hold						
Push-up Hold w/ Alt Lifts (All Limbs)						
Weight - Single Leg Warrior 3						
Rest / Jump Rope						
Bench - Single Leg Dips						
Upward Row w/ Shoulder Raises						
Single Leg Squat to Press						
Rest / Jump Rope						

Week 18 & 20 // Day 2: CORE // 50/10 x 3

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Tuck And Lift						
Weight - figure 8s						
Weight - Side Crunches						
Rest / Down Dog Holds						
Hip Dips						
Lying Knee Twists						
Plank Hold (Unstable Surface)						
Rest / Down Dog Holds						

Week 18 & 20 // Day 3: LOWERBODY & CARDIO // 50/10 x 3

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Squat Hold - Side Touches						
Jumping Jacks w/ Weights						
Plank Jacks						
Rest / Side Lunge w/ Jump R						
Bench - Squat Jump R/L						
Donkey Kicks						
Decline Climbers						
Rest / Side Lunge w/ Jump L						

Week 18 & 20 // Day 4: UPPERBODY // 50/10 x 3

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Weight - Upward Pulls						
Pullups						
Bench - Incline Climbers						
Rest / Stretch						
Weight - Push-up to Overhead Lift						
Weight - Overhead Press						
Bench - R/L Push-ups						
Rest / Stretch						

Week 18 & 20 // Day 5: CARDIO // 50/10 x 3

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Bench - Jump w/ Push-up						
Crawls						
Tuck Unders w/ Jump						
Rest / Half burpees						
5 Mt. Climbers w/ Walk						
Knee to Jump						
Sumo Burpees						
Rest / Half Burpees						