

Week 2 & 4 // Day 1: BALANCE AND STABILITY // Timer: 50 sec : 10 sec 3x

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
Squat step backs			
Side plank plus knee (R)			
Single leg (half moon) (R)			
Squat HOLD			
Side plank plus knee (L)			
Single leg (half moon) (L)			
Bench – single leg standing dips (R)			
Bench – single leg standing dips (L)			

Week 2 & 4 // Day 2: CORE // Timer: 50 sec : 10 sec 3x

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
Tucks			
Lower leg crunch			
Bridge hold- side to side			
Scissors			
Star touches – alt sides			
Bear tucks (R)			
Bear tucks (L)			
Bicycle crunches			

Week 2 & 4 // Day 3: LOWERBODY // Timer: 50 sec : 10 sec 3x

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
Last 20 seconds – Weighted squats			
Side lunge w/toe raise (R)			
Side lunge w/toe raise (L)			
4 Square Hops			
Single leg Bridge w/lift (R)			
Single leg bridge w/lift (L)			
4 Square Hops			
Straight line lunges (pulses R)			
Straight line lunges (pulses L)			

Week 2 & 4 // Day 4: UPPERBODY // Timer: 50 sec : 10 sec 3x

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
Biceps curls			
Forward/side raises			
Side to side planks			
Kettle bell swing (R)			
Kettle bell swing (L)			
Walk down to overhead press			
Push-up w/ renegade (R)			
Push-up w/renegade (L)			

Week 2 & 4 // Day 5: CARDIO // Timer: 50 sec : 10 sec 3x

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
Push-up to press back			
Hit the floor to squat jump			
Mt climbers, Jump Ins (5)			
Jumping jack squats			
Side to side jumps			
Single leg jump w/touch (R)			
Single leg jump w/touch (L)			
Tricep kicks			