

Week 5 & 7 // Day 1: BALANCE AND STABILITY // Timer: 40/20 x 3 // Sets: (every other exercise)

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Superman Holds w/ Weight R/L						
Side Plank Hold R/L						
Push-up R/L						
Bench- Single Leg Stand w/ Overhead						
Single Leg Forward Leap w/ Jump						
Bench- Chest Press w/ Single Leg Hold						
Single Leg Deadlift w/ Row R/L						

Week 5 & 7 // Day 2: CORE // Timer: 40/20 x 3 // Sets: (every other exercise)

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Weight- Side to Side						
Elbow Plank Leg taps						
Bicycle crunches						
Plank – Alt Knee Raise w/ Leg Lift						
Holds w/ Alt Leg Lifts						
Plank Walks						
Scissor Kicks / Up & Down						

Week 5 & 7 // Day 3: LOWERBODY // Timer: 40/20 x 3 // Sets: (every other exercise)

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
GLUTES- Side kicks						
GLUTES- Cycles						
GLUTES- Extensions						
Bench – step over Lunges R/L						
Alt Forward back Lunges						
Weight- Squat to Lunge R/L						
Bench- Hip dip w/ side Leg Press						

Week 5 & 7 // Day 4: UPPERBODY // Timer: 40/20 x 3 // Sets: (every other exercise)

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Push-up walk downs						
Plank to Push-up						
Push-up Lift Lift						
Swimmers w/ weights						
1 Arm Plank Punches to overhead raises (3 each)						
Monkey Pumps- In, up, in, down						
Diagonal shoulders R/L						

Week 5 & 7 // Day 5: CARDIO // Timer: 40/20 x 3 // Sets: (every other exercise)

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Push-up Jacks						
Push-up to Tuck Jump						
Push-up Taps						
Half Burpees						
Surfer Touches						
Weight- Squat Touches						
Wall jumps						