

			Week 5 & 7 // Day 1: BALANCE AN	ID STABILITY // Timer: 40/20 x	3 // Sets: (every other exercise)				
	SET 1	Weight	Time / Reps	SET 2 Weight	Time / Reps	SET 3	Weight	Time / Reps	
Superman Holds w/ Weight R/L		waga.	l l	reagn	l l		**egut	Time / High	
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									
Single zeg bedant wy now ny z									
	Week 5 & 7 // Day 2: CORE SET 1				E // Timer: 40/20 x 3 // Sets: (every other exercise) SET 2		SET 3		
	3E11	Weight	Time / Reps	JET 2 Weight	Time / Reps	3513	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									
			Mark 5 9 7 // Day 2: 10 M/5	2000V //Timer 40/20 :: 2 // 5					
	SET 1		week 5 & 7 // Day 3: LOWER	RBODY // Timer: 40/20 x 3 // S SET 2	ets: (every other exercise)	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								
	SEI I	Weight	Time / Reps	SET 2 Weight	Time / Reps	<u> 3E13</u>	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: CAR	DIO // Timer: 40/20 x 3 // Sets	s: (every other exercise)				
	SET 1 SET 2 SET 3								
Push-up Jacks		Weight	Time / Reps	Weight	Time / Reps		Weight	Time / Reps	
·									
Push-up to Tuck Jump				_		_			
Push-up Taps				-					
Half Burpees				_					
Surfer Touches									
Weight- Squat Touches				_					
Wall jumps									