

Week 6 & 8 // Day 1: BALANCE AND STABILITY // Timer: 30/30 x 3x

* No rest between exercises * 1 minute break between Sets

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Lunge w/ Front kick R/L						
Push-up w/ Forward reach R/L						
Bridge Hold w/ Outside Leg Circle R/L						
Bridge Hold R/L						
Weight- Single Leg Overhead Hop R/L						
Weight- Single Leg Squat Press R/L						
Weight- Row to Fly R/L						
Weight- Single Leg Shoulders R/L						

Week 6 & 8 // Day 2: CORE // Timer: 30/30 x 3x

* No rest between exercises * 1 minute break between Sets

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Side Plank Hold R/L						
Plank Hold R/L						
Side Crunch R/L						
Windshield Wipers R/L						
(Stomach) Back Lifts R/L						
Butterfly Crunches, hold						
Plank Dips w/ Knee R/L						
Plank Forward Lean, Back Lean						

Week 6 & 8 // Day 3: LOWERBODY // Timer: 30/30 x 3x

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Bowlers Lunge R/L						
Alt Bowlers, REST						
Donkey kicks R/L						
Jump ins, REST						
Squat leg lift R/L						
Alt Squat lifts, REST						
Walking Lunges R/L						
Sumo Calf Raises, REST						

Week 6 & 8 // Day 4: UPPERBODY // Timer: 30/30 x 3x

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Pull-ups R/L						
Crawls, REST						
Bench- Chest, flies						
Crawls, REST						
Mt. Climbers, Overhead Punches						
Crawls, REST						
Weight – Bicep Presses, Curls						
Crawls, REST						

Week 6 & 8 // Day 5: CARDIO // Timer: 30/30 x 3x

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Jump Rope, Shuffles						
Diagonal Squat Jacks, REST						
Reverse Lunges, High Knees						
Seat Kicks, REST						
Jump Rope, Shuffle w/ 5 Sec. Knees, Squat Jack Travels, REST						
Reverse lunge w/ Tap R/L						
Side jumps, REST						