

Week 9 & 11 // Day 1: BALANCE AND STABILITY // 30/15 x 4

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Reverse Plank Leg Raises R						
Bench - Front Lunge w/ Calve Raise w/ Bicep Hold R						
Weight - Squat w/ Overhead to High, mid Low (side)						
Single Squat Jump R						
Reverse Plank Leg Raise L						
Bench - Front Lunge w/ Calve Raise w/ Bicep Hold L						
Weight - Squat w/ Overhead to High mid Low (side)						
Single Squat Jump L						

Week 9 & 11 // Day 2: CORE // 30/15 x 4

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Weight - Swings						
Side Plank w/ Twist R/L						
Twists w/ Knee						
Plank - Knee Knee Dip Dip						
Core - 3 minute						
Arms - 30 / Hold 15						
Reach 30 / Hold 15						
Cross R / Hold 15						
Cross L / Hold 15						

Week 9 & 11 // Day 3: LOWERBODY // 30/15 x 4

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Side Lunges R/L						
Forward Back Lifts R/L						
Side Lateral Jumps (Far)						
Hip Press						
* 3 minutes(Heavy-weights)						
Back Lunges R/ Bear Hold						
Side Knee, Kick Lunge R/ Bear Hold						
Back Lunges L/ Bear Hold						
Side Knee, Kick Lunge L/ Bear Hold						

Week 9 & 11 // Day 4: UPPERBODY // 30/15 x 4

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
* 3 minutes – Core						
Side Plank w/ Weight R/ Plank Hold R						
Knee tuck, Crab toe touches (4)						
Side Plank w/ Weight/super Hold L						
Knee Tuck, Crab Toe Touches (4)						
Biceps - regular, Out/In						
Rows, Flys						
Arm Circles (Forward, Backward)						
Shoulder Presses – In and Out, Rest						

Week 9 & 11 // Day 5: CARDIO // 30/15 x 4 – Cardio

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Plank Ankle tap to Push-up						
Weight- In and Out 4, Shoulder Press 4						
Weight- Around the World, 4 Spider Climbers						
Switch Lunges						
3 minute Hitt (Lunge Hold 15 Sec)						
Jumping Jack – Arms Forward						
Front Ankle touches						
Scissor Crosses						
Side to Side Jumps						