

REAL TIME WEEK 9 & 11 // Workout 1: UPPERBODY/CORE // 25:00 (10,8,6,4,2)

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
1. Weight - Standing Figure 8			
2. Tricep Dip w/ Kick (R)			
3. Squat Walk with Forward/Side Raise			
4. Single Leg Push-up w/press Back (R)			
5. Plank Forward Back w/ Knee (R)			
6. Weight - Standing Figure 8			
7. Tricep Dip w/ Kick (L)			
8. Squat Walk with Forward/Side Raise			
9. Single Leg Push-up w/press Back (L)			
10. Plank Forward Back w/ Knee (L)			

REAL TIME WEEK 9 & 11 // Workout 2: LOWERBODY/BALANCE // 25:00 (10,8,6,4,2)

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
1. Lunge Hold w/front/Side kick (R)			
2. Squat Side press w/weights (R)			
3. Weights - Lunge Squat Lunge			
4. Bench - Lunge/Step up to kickback (R)			
5. (Plank)side Side (R) Warrior			
6. Lunge Hold w/front/Side kick (L)			
7. Squat Side press w/weights (L)			
8. Lunge Squat Lunge			
9. Bench - Lunge/Step up to kickback (L)			
10. (Plank) Side Side (L) Warrior			

REAL TIME WEEK 9 & 11 // Workout 3: CARDIO/WEIGHTS // 25:00 (4,6,8,10)

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
1. Squat Jumps			
2. Lunge R			
3. Push-ups			
4. Lunge L			
5. Step up Bicep Curls R			
6. Single Leg Stands w/weight R			
7. Step up Bicep Curls L			
8. Single Leg Stands w/weights L			
9. Alt Step up to Overhead			
10. Burpees			

REAL TIME WEEK 9 & 11 // Workout 4: TOTAL BODY // 25:00 (4,6,8,10)

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
1. Burpee w/Squat Half moon R			
2. Dip w/ Kick R			
3. Prisoner Squat press w/leg Lift R			
4. Wall Sit w/overhead weight			
5. Hip Hold w/press R			
6. Burpee w/Squat Half moon L			
7. Dip w/ Kick L			
8. Prisoner Squat press w/leg press L			
9. Wall Sit w/overhead weight			
10. Hip Hold w/press L			

REAL TIME WEEK 9 & 11 // Workout 5: BURPEE CHALLENGE // 25:00 (4,6,8,10)

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
1. Burpee			
2. Burpee alt Lunges			
3. Bench - Burpee w/ Kick			
4. Bench - Burpee Side Side			
5. Bench - Burpee w/jump On			
6. Weight - Burpee w/row			
7. Bench - Burpee w/plank Jack			
8. Weight - Burpee with Lift			
9. Bench - Burpee push-up Jump			
10. Weight - Burpee w/Squat to Overhead			