

Name: \_\_\_\_\_

Trainer: \_\_\_\_\_

Date: \_\_\_\_\_

**Real Time Week 4 // Workout #1: Strength // 60/15 x 3**

	<i><b>SET 1</b></i>		<i><b>SET 2</b></i>		<i><b>SET 3</b></i>	
	Weight	Time/Reps	Weight	Time/Reps	Weight	Time/Reps
1. Plank Walk Ups W/ Punch At Top						
2. 1 1/2 Squat To Shoulder Press						
3. 2 Back Ext, 2 Downdog Knees						
4. Bench: Kneeling Straight Leg Hydrant To Kick Back						
5. Around The World Lunges W/bicep Curls						
6. 1 Low Row, 1 Fly						
2 Minute Core: 2x						
4 Sec Lower Leg Hold, 4 Tucks						