Date	Upper						
		Set 1	**Reps**	**Set 2**	**Reps**	**Set 3**	**Reps**
Warm-Up	Overhead Mini Band Pull Apart		12		12		12
	Lat Pull Down		10		10		10
	Palms Up Band Pull Apart		12		12		12
Resistance		**Superset 1**	**Wt 1**	**Superset 2**	**Wt 2**	**Superset 3**	**Wt 3**
Triceps	Tricep Ext.	12		12		12	
	Ski Pulls	20		20		20	
Chest/Back	Banded Anti-Rotational Punches	10 each		10 each		10 each	
	Elevated Push-Ups	10		10		10	
	Kneeling Squat Lat Pull Down	12		12		12	
Core	SL Heel Taps	10 each		10 each		10 each	
	Bent Knee Side Plank Knee In	10 each		10 each		10 each	
Date	Lower						
		Set 1	**Reps**	**Set 2**	**Reps**	**Set 3**	**Reps**
Warm-Up	Anti Roational Squats		10 each		10 each		10 each
	Reverse Lunges		10 each		10 each		10 each
	Low Lateral Shuffle		10 each		10 each		10 each
Resistance		**Superset 1**	**Wt 1**	**Superset 2**	**Wt 2**	**Superset 3**	Wt 3
Glutes/Quads	Squat w/OH Press	10		10		10	
	Wide Stance Front Squat	12		12		12	
	In and Out Squat	12		12		12	
	Back and Side Steps	10 each		10 each		10 each	
Glutes	Hip Thurst w/3 sec. hold	12		12		12	
	Step-Ups	10 Each		10 Each		10 Each	
Core	Hover Lift w/3 sec .Hold	10		10		10	
AMRAP 5 Mins.	Hover Plank Walk Out	10		10		10	
Date	Full Body						
		Set 1	**Reps**	**Set 2**	**Reps**	**Set 3**	**Reps**
Warm-Up	Bridge Fly		10 each		10 each		10 each
	Serratus Push-Up		6 each		6 each		6 each
Resistance		**Superset 1**	**Wt 1**	**Superset 2**	**Wt 2**	**Superset 3**	**Wt 3**
Glutes (ladder)	Sumo Squat BW	10		15		20	
	Duck Walk	20 Each		15 Each		10 Each	
Shoulder (Quick)	Palms Up	15		15		15	
	Palms Down	15		15		15	
	Palms Facing Eachother OH	15		15		15	
Glutes (Ladder)	X-Band Step Out	10 each		15 each		20 each	
	Lunge w/Chest Fly	10		10		10	
Finisher	Deadbug w/Crossbody Push	10 each		10 each		10 each	
Core	Birddog Slide Foot	10 each		10 each		10 each	

OH=Overhead
SA=Single Arm
Use Mini Band
Long Bands
Small Ball