

Day One	Upper						
		Set 1	Reps	Set 2	Reps	Set 3	Reps
Warm-Up	Crossbody Pull		8 each		8 each		8 each
	Band Raise Slow Lower		8		8		8
	Wide Stance Banded Front Squat		12		12		12
Resistance		Superset 1	Wt 1	Superset 2	Wt 2	Superset 3	Wt 3
Chest	Blast Off Push-Ups	10		10		10	
	Moutain Climbers	20		20		20	
tris/back	SA Tri. Ext	30 secs		30 secs		30 secs	
	Squat w/Pull Apart	30 secs		30 secs		30 secs	
	Staggerd Row	30 secs		30 secs		30 secs	
Shoulders	Palms Up	15		15		15	
	Palms Down	15		15		15	
	Palms Facing Eachother OH	15		15		15	
Glutes/Core	Forearm Kickback w/Ball	10 each		10 each		10 each	
	Deadbug Same Arm	8 each		8 each		8 each	
	Same Leg Press w/Ball	8 each		8 each		8 each	
Day Two	Lower						
		Set 1	Reps	Set 2	Reps	Set 3	Reps
Warm-Up	Alt. Lateral Lunge		10 each		10 each		10 each
	Reverse Lunge		10 each		10 each		10 each
Resistance		Superset 1	Wt 1	Superset 2	Wt 2	Superset 3	Wt 3
Glutes/Quads	1.5 Squat to Heel Rise	10		10		10	
	Walking Lunges	10 each		10 each		10 each	
	BW Pulse Squats	10		10		10	
Glutes	Banded SL Hip Thrust	8 each		8 each		8 each	
	Hip Thrust w/Abd.	12		12		12	
Core	Hover Lift w/Abd.	30 secs		30 secs		30 secs	
	Heel Taps	30 secs		30 secs		30 secs	
	Bridge w/Abd.	10		10		10	
Date	Full Body						
		Set 1	Reps	Set 2	Reps	Set 3	Reps
Warm-Up	Squat Band Pull Apart		10 each		10 each		10 each
	Monster Walk		12 each		12 each		12 each
	Lat Walk		12 each		12 each		12 each
Resistance		Superset 1	Wt 1	Superset 2	Wt 2	Superset 3	Wt 3
Glutes	Banded B Stance Squat	10 each		10 each		10 each	
	Skaters	10 each		10 each		10 each	
bis/shoulders	Banded Curls	10		10		10	
	Lat Raises Crossbody	10 Each		10 Each		10 Each	
Glutes	Good Mornings	10		10		10	
	SL Get Ups	10 each		10 each		10 each	
Glutes	Forearm Fire Hydrants	10		10		10	
	Kickback (band around knees)	20		20		20	
Finisher	Wall Plank Step In	10 each		10 each		10 each	
Core	Walk Plank Hand Reach	10 each		10 each		10 each	
	SA=Single Arm						
	Use Mini Band						
	Long Bands						
	Small Ball						