

Date	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
bis/back	1.5 Curls		30 secs		30 secs		30 secs
	Squat w/Pull Apart		30 secs		30 secs		30 secs
Chest/back	Staggerd Row		30 secs		30 secs		30 secs
	Bridge Chest Fly		10		10		10
	Serratus Press w/Long Band		10		10		10
Finisher	Birddog Push (R&L)		10 each		10 each		10 each
Glutes/Core	Forearm Kickback w/Ball		10 each		10 each		10 each
	Deadbug Same Arm Same Leg Press w/Ball		8 each		8 each		8 each
Date	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
	Body Weight Squats		10 each		10 each		10 each
Resistance		Superset 1	Wt 1	Superset 2	Wt 2	Superset 3	Wt 3
Glutes/Quads	Split Squat (Right)		10		10		10
	Split Squat Hold (Right)		30 secs		30 secs		30 secs
	Split Squat (Left)		10		10		10
	Split Squat Hold (Left)		30 secs		30 secs		30 secs
Shoulders/Back	Squat w/Slow Lower		8		8		8
	SA Front Raises		10 Each		10 Each		10 Each
Core	Hover Lift w/Abd.		30 secs		30 secs		30 secs
	Heel Taps		30 secs		30 secs		30 secs
	Psoas Marches		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		6 each		6 each		6 each
	Lat Walk		10 each		10 each		10 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
	Banded Squat Narrow/Wide		12		12		12
Tris	Tricep Dip		10		10		10
	Long Band Tri. Extention		10 Each		10 Each		10 Each
Glutes	1.5 Squat to Heel Raise		10		10		10
	Wall Sit		60 sec.		60 sec.		60 sec.
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						