



Ensure you always warm-up

Remember! - SLOW IT DOWN! EVEN SLOWER!!!

Day 1

Lower Body, do 10 of each exercise. (AIM FOR 3 TO 4 ROUNDS)

Squats

Calf raises

Deadlifts

Hip Trust

Sumo Squat

Finisher

20 secs on / 10 secs off

2 rounds

Bear Plank / Plank

Shoulder raises

Tricep dips

Shoulder press

Day 2

Upper Body, do 10 of each exercise. (AIM FOR 3 TO 4 ROUNDS)

Chest press

Back flyes

Dumbbell pullover

Overhead tricep extension

Bicep curl to shoulder raise

Finisher

30 secs each - no rest

2 rounds

30 secs Skis

30 secs High Knees

30 secs Squat & Press

30 secs Squat Pulse

Day 3

Ladders - Do 15 of each, 10 of each, 5 of each, 10 of each, 15 of each

Goblet squat

Shoulder press

Single arm split deadlift with arm press (r)

Single arm split deadlift with arm press (l)

Alternating Lunge or Glute Bridge

No Finisher!