



# Ensure you always warm-up

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

## Day 1

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

Lateral lunge x 10 with pulse for 10 (r)

Lateral lunge x 10 with pulse for 10 (l)

Good mornings

Alternating Front lunges

Donkey kick x 10 with pulse for 10 (r)

Donkey kick x 10 with pulse for 10 (l)

## Day 2

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

Single arm DB row (l)

Single arm DB row (r)

Banded back flies

Chest press with glute bridge hold

Pallof press / sit up

## Day 3

Total Body Blast - 20 reps of each 5-7 rounds!

Squat - squat - jump

Mountain climbers

Goodmorning to squat

Toe taps

Squat pulse

## Finisher

30 secs on / 15 secs off

3 rounds

Bear Plank

Boxing

Pillow drops

## Finisher

30 secs on / 15 secs off

3 rounds

Banded side walks

Squat pulse

Push press

## No Finisher!

(but 10 rounds will be  
1000 reps..FYI)