



Ensure you always warm-up

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

Day 1

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

Split Squat (L)

Split Squat (R)

Side Squat (L - Static)

Side Squat (R - Static)

Deadlift

Finisher

20 secs on / 10 secs off

4 rounds

walkouts

High Knees

Day 2

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

Bicep curl

Overhead tricep ext

Chest Press

Lateral Shoulder Raise

Tricep Dips

Finisher

20 secs on / 10 secs off

4 rounds

Slam Ball / Pillow Throws

Bear Hold / Plank

Day 3

Total Body Blast - set a timer - 30 secs on / 15 secs off. 6 rounds

Squat hold / Wall squat

Bear hold / Plank

High Knees

Toe taps

Knee Ups

Shoulder raise

Finisher!

Drink water you are done!!

JULY Challenge
Add 30 Bodyweight squats between each set in day 1 & 2