

Legs/Abs

	Exercises	Reps	Sets	Notes
SS1	Banded Squats	25	4	3 down, pause at bottom, 1 up
SS1	Good Mornings	25		Add a weight if needed
SS2	Lunge to push through	30 (15 e/w)	4	3 down, 1 up
SS2	Single leg deadlift	30 (15 e/w)		Add a weight if needed
SS3	Wide Squats	30	4	Add a weight if needed
SS3	Banded Hip Thrusts	30		Hold at the top for 3
	Wall sit	til failure	1	Record time at the end
GS1	Plank Leg Raises	30 (15 e/w)	3	GS1 (Gaint set, perform
GS1	Reverse Crunch	20	3	1 after the other, 3 times
GS1	Sit up	20	3	around)

Upper Body/Abs

	Exercise	Reps	Sets	Notes
SS1	Press up	20	4	arms straighen for 3, down for 1
SS1	Pull up back lifts	25		
SS2	F.S Shoulder taps	50 (25 e/w)	4	
SS2	Plank walk outs	25		
SS3	Close grip push ups	20	3	Use a weight
SS3	Bicep Curls	20		
	Straight arm plank	til failure	1	Record your time
GS1	V sits	25	3	3 down, 1 up
GS1	Plank hip dips	30 (15 e/w)	3	Squeeze in the plank in the middle
GS1	Jack knifes	25	3	Squeeze at the top

Whole Body

	Exercises	Reps	Sets	Notes
SS1	Press ups	20	4	
SS1	Banded Squats	30		
SS2	Back lifts (arch lifts)	30	4	
SS2	Crunches	30		
SS3	Plank get ups	25	4	
SS3	Banded Good mornings	30		
SS4	Twisting mountain climbers	50 (25 e/w)	4	
SS4	Wide to narrow squat jumps	40		Out and in = 1
SS5	Lunge to push through	30 (15 e/w)	4	
SS5	Overhead squats (banded)	20	4	Hold a weight in your h
SS6	Cross knee - elbow sit up	30 (15 e/w)	4	
SS6	Squat thrusts	50	4	

