

# **WEEK FOUR:**

## **Day One {1 SET OF 15 REPS}**

KETTLE BELL SWINGS  
MOUNTAIN CLIMBERS  
BALANCING DEAD LIFT  
LYING HAMSTRING CURL  
BACK EXTENSIONS  
CROSS-OVER ROW  
PULL DOWNS  
PLANK WITH ROW  
PIKE ON BALL  
SQUAT JUMPS  
BURPEES  
DEAD LIFT  
SEATED CURL  
PULL DOWN  
PULL OVER  
BENT OVER ROW  
LEG RAISE  
V-UPS

## **Day Two {1-3 SET OF 15 REPS}**

OVERHEAD SQUAT  
LUNGE TO KICK  
WALL SIT  
BENCH FLY  
CHEST PRESS ON BALL  
PUSH UPS  
SCISSOR HOLD  
YOGA GUNS  
WALL BALLS  
SCISSORS  
SQUATS

LEG EXTENSION  
PUSH UPS  
CHEST PRESS  
UPRIGHT ROWS  
BALL TWIST

## **Day Three- REST**

## **Day Four {1-3 SET OF 15 REPS}**

CLEAN N PRESS  
DEAD LIFT  
HAMCURL  
BACK EXTENSION  
TRICEPS DIPS  
TRICEPS PUSH UP  
SIDE LYING TRICEPS PUSH  
REVERSE SHOULDER CIRCLE  
PLANK  
BURPEE WITH TRICEPS PUSHUP  
BALANCING DEAD LIFT  
LYING HAMSTRING CURL  
REVERSE FLY  
TRICEPS PUSH UP  
TRICEPS PUSH DOWN  
PLANK JACKS

## **Day Five {1-3 SET OF 15 REPS}**

GOBLET SQUAT  
WALKING LUNGES  
SCISSORS  
ONE LEG SQUAT  
BICEPS CURL  
SHOULDER PRESS

PREACHER CURL  
PIKE  
SIDE PLANK  
SQUAT TO SHOULDER PRESS  
JUMPSQUATS  
DONKEY KICKS  
BICEPS PULL-UP  
SHOULDER CIRCLE  
ALTERNATING BICEPS CURL  
PLANK  
PLANK (KNEE TO ELBOW)

**Day Six-REST**

**Day Seven-Active Rest Day**