

WEEK ONE:

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

Day Two {1 SET OF 15 REPS}

WALL BALLS
SCISSORS
SQUATS
LEG EXTENSION
PUSH UPS
CHEST PRESS
UPRIGHT ROWS
BALL TWIST

Day Three- REST

Day Four {1 SET OF 15 REPS}

BURPEE WITH TRICEPS PUSHUP
BALANCING DEAD LIFT
LYING HAMSTRING CURL
REVERSE FLY
TRICEPS PUSH UP
TRICEPS PUSH DOWN
PLANK JACKS
BOAT WITH SHOULDERS

Day Five {1 SET OF 15 REPS}

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