

WEEK TWO:

Day One {1-3 SET OF 15 REPS}

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

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

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

Day Six-REST

Day Seven-Active Rest Day