Day 1

Exercise	Weight	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Warm up: **Cardio – 30 Minutes**	**145-150 BPM**										
Squat Jumps or Frog Jumps on Track 3 sets of 20 reps											
Straight Leg Dead lift with Dumbells 3 sets of 15 reps											
Squat and Press with Body Bar 3 sets of 15 reps											
Bench Dips 3 sets of 10 reps											
Core											
Back Extension Bench 3 sets of 15 reps											
V-Sit and Twist with Med Ball *3 sets of 15 reps*											
Cable Prayer Crunch *3 sets of 15 reps*											
Cool down											

Day 3

Exercise	Weight	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Warm up: **Cardio – 30 minutes**	**145-150 BPM**										
Side to Side Speed Squats on Bosu 3 sets of 20 reps											
Hamstring Curls on Stability Ball (option single leg) 3 sets of 15 reps											
Wobble Board Mountain Climbers *3 sets of 25 reps*											
TRX Chest Press *3 sets of 15 reps*											
TRX Rows 3 sets of 15 reps											
Core											
Wide Leg Sit ups 3 sets of 20 reps											
Side Lying Oblique V-Ups *3 sets of 15 reps*											

Day 5

Exercise	Weight	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Warm up: **Cardio – 30 minutes**	**145-150 BPM**										
Step-ups on Plyo-box with D/B's 3 sets of 15 reps											
Seated Leg Curl Machine #14 3 sets of 15 reps											
Plank Jacks *3 sets of 15 reps*											
Bus Drivers with Squat Bar (Lift one end and swing side to side) 3 sets of 15 reps											
Core											
Inclined Sit up with Weight 3 sets of 15 reps											
Over/Under Side Plank with Dumbell! *3 sets of 15 reps*											