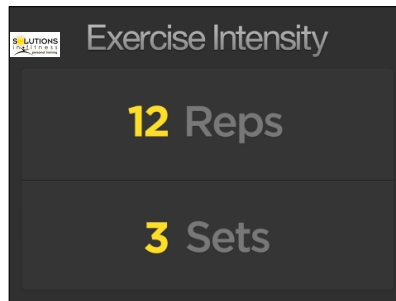




warm up

• A warm up will prepare you for exercise by increasing blood flow to the muscles as well as help increasing joint range of motion
 • Perform a 5 minute warm up, starting at a slow pace and gradually increasing it as you proceed.

SET 1
 TIME: 5:00:00 General Warmup



Perform 3 sets of 12 reps for each exercise.
 Use a challenging weight that allows you to complete all reps.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Squat

1 - Stand upright with your arms by your sides and your feet about shoulder width apart.
 2 - Bend at the hips and knees, lowering your body down towards the floor, raising your arms up in front and keeping your back flat.
 3 - Return upright and lower your arms to the start position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Pulse Push Up

1 - Support your body on your toes and hands with your arms straight, hips in line with your shoulders.
 2 - Lower your chest halfway down toward the floor and pulse once.
 3 - Continue lowering your chest further toward the floor.
 • Push back up to a straight arm position and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Bicycle Crunch

• Lie on your back with your legs straight and your hands to the sides of your head.
 1 - Raise your head and shoulders, bringing one knee towards your chest and the opposite elbow to this knee, twisting your torso.
 2 - Lower your upper body and leg to the floor and repeat to the opposite side, using your other leg.

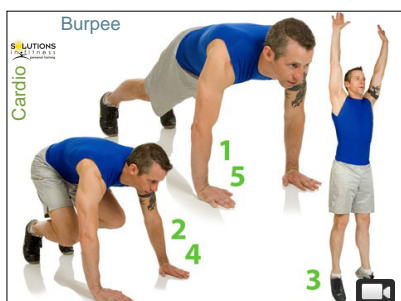
Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Glute Bridge

1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
 2 - Raise your hips off the floor, trying to make a straight line from your hips to your shoulders.
 • Lower yourself back to the floor and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Burpee

1 - Start in the top of a push up position.
 2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
 3 - Come to an upright position and jump into the air, raising your arms overhead.
 4,5 - Return to the mid position and then jump your feet back out to a straight

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Side Lunge

1 - Stand upright with your arms by your sides.
 2 - Take a step to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
 • Keep your trailing leg straight.
 3 - Push off your outside foot to return to the start position.

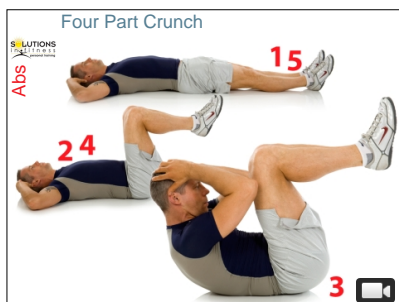
Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Pulse Push Up

1 - Support your body on your toes and hands with your arms straight, hips in line with your shoulders.
 2 - Lower your chest halfway down toward the floor and pulse once.
 3 - Continue lowering your chest further toward the floor.
 • Push back up to a straight arm position and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Abs**
- 1 - Lie on your back with your legs straight and your hands at the sides of your head.
 - 2 - Raise your legs off the floor, bringing your knees in towards your chest.
 - 3 - Lift your head and shoulders off the floor, bringing your elbows towards your knees.
 - 4 - Lower your head and shoulders back to the floor.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Cardio**
- 1 - Stand upright with your feet together and your arms by your sides.
 - 2 - Jump up, splitting your feet out to the sides.
 - 3 - Simultaneously swing your arms up to the sides in an arc over your head.
- Reverse the direction of the movement.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Lower Back**
- both sides*
- Begin on all fours with both knees and hands on the floor.
- 1 - Raise one arm and the opposite leg straight up to shoulder height.
 - 2 - Slowly lower your arm and leg and repeat with the other arm and leg.
- Take your time and be sure to maintain your balance.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			