

2 RUSSIAN TWISTS:
WEEK 1- 1X30 REP
WEEK 2- 2X 20 REP
WEEK 3- 2X 30 REP

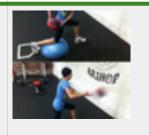


3 SPLITS CRUNCH MED
BALL____
WEEK 1- 1X20 REP
WEEK 2- 2X 20 REP
WEEK 3- 2X 25 REP

WEEK 1- 1X20 REP
WEEK 2- 2X 20 REP
WEEK 3- 2X 30 REP

4 LUNGE ROTATIONAL

TOSS ON BOSU BALL:



5 SINGLE LEG POP UP: __

WEEK 1- 1X20 REP

WEEK 2- 2X 20 REP

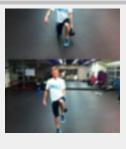
WEEK 3- 2X 30 REP

WEEK 1- 1X20 REP
WEEK 2- 2X 20 REP
WEEK 3- 2X 30 REP

6 RUNNER TOUCH:



7 SUITCASE LUNGES: ____
WEEK 1- 1X15 REP
WEEK 2- 1X20 REP
WEEK 3- 2X20 REP



8 KB SWING: _____
WEEK 1- 1X30 REP
WEEK 2- 2X 20 REP
WEEK 3- 2X 30 REP



9 RUNNING MEN: _____ WEEK 1- 2 X 8 JUMPS WEEK 2- 3 X8 JUMPS WEEK 3- 4 X8 JUMPS



WEEK 1- 1X30 REP
WEEK 2- 2X 20 REP
WEEK 3- 2X 30 REP

10 ROCKET MANS: _





12 KB RUNNER CLEAN: ___
WEEK 1- 1X20 REP
WEEK 2- 2X 20 REP
WEEK 3- 2X 20 REP

