

<p><b>1 OVER HEAD SIT UP:</b> _____</p> <p><b>WEEK 1-</b> 1X30 REP</p> <p><b>WEEK 2-</b> 2X 20 REP</p> <p><b>WEEK 3-</b> 2X 30 REP</p>		<p><b>2 RUSSIAN TWISTS:</b> _____</p> <p><b>WEEK 1-</b> 1X30 REP</p> <p><b>WEEK 2-</b> 2X 20 REP</p> <p><b>WEEK 3-</b> 2X 30 REP</p>	
<p><b>3 SPLITS CRUNCH MED BALL</b> _____</p> <p><b>WEEK 1-</b> 1X20 REP</p> <p><b>WEEK 2-</b> 2X 20 REP</p> <p><b>WEEK 3-</b> 2X 25 REP</p>		<p><b>4 LUNGE ROTATIONAL TOSS ON BOSU BALL:</b> _____</p> <p><b>WEEK 1-</b> 1X20 REP</p> <p><b>WEEK 2-</b> 2X 20 REP</p> <p><b>WEEK 3-</b> 2X 30 REP</p>	
<p><b>5 SINGLE LEG POP UP:</b> _____</p> <p><b>WEEK 1-</b> 1X20 REP</p> <p><b>WEEK 2-</b> 2X 20 REP</p> <p><b>WEEK 3-</b> 2X 30 REP</p>		<p><b>6 RUNNER TOUCH:</b> _____</p> <p><b>WEEK 1-</b> 1X20 REP</p> <p><b>WEEK 2-</b> 2X 20 REP</p> <p><b>WEEK 3-</b> 2X 30 REP</p>	 <b>RUNNER TOUCH</b>
<p><b>7 SUITCASE LUNGES:</b> _____</p> <p><b>WEEK 1-</b> 1X15 REP</p> <p><b>WEEK 2-</b> 1X20 REP</p> <p><b>WEEK 3-</b> 2X20 REP</p>		<p><b>8 KB SWING:</b> _____</p> <p><b>WEEK 1-</b> 1X30 REP</p> <p><b>WEEK 2-</b> 2X 20 REP</p> <p><b>WEEK 3-</b> 2X 30 REP</p>	
<p><b>9 RUNNING MEN:</b> _____</p> <p><b>WEEK 1-</b> 2 X 8 JUMPS</p> <p><b>WEEK 2-</b> 3 X 8 JUMPS</p> <p><b>WEEK 3-</b> 4 X 8 JUMPS</p>		<p><b>10 ROCKET MANS:</b> _____</p> <p><b>WEEK 1-</b> 1X30 REP</p> <p><b>WEEK 2-</b> 2X 20 REP</p> <p><b>WEEK 3-</b> 2X 30 REP</p>	
<p><b>11. HALF T GET UP :</b> _____</p> <p><b>WEEK 1-</b> 1X10 REP</p> <p><b>WEEK 2-</b> 2X 15 REP</p> <p><b>WEEK 3-</b> 2X 20 REP</p>		<p><b>12 KB RUNNER CLEAN:</b> _____</p> <p><b>WEEK 1-</b> 1X20 REP</p> <p><b>WEEK 2-</b> 2X 20 REP</p> <p><b>WEEK 3-</b> 2X 20 REP</p>	