Warm Up:	Rower Bridge Peel Ups	5 mins							
	Broomstick Squat	15							
	Broom Stick Good Mornings Broom stick Overhead squat	15 15							
Weights:		DATE	Set 1	Set 2	Set 3	Set 4			
11 0.8	4 x 15 Leg Press	27112		5512	5515				
	4 x 15 Seated Row	DATE	Set 1	Set 2	Set 3	Set 4			
	4 x 10 Deadlift	DATE	Set 1	Set 2	Set 3	Set 4			
		27112		5512		-			
		DATE	Set 1	Set 2	Set 3				
	3 x 15 SB DB Bench Press								
	3 x 15 Kettle Bell Swings	DATE	Set 1	Set 2	Set 3				
Core:	Scissors	Week 1 20 E.L	Week 2	Week 3	Week 4				
	V Sit	10							
	SB Russian Twists	10							
	SB Jack Knife (Tummy)	10							
	Running man but lying down	8 E.S							
	Dead Bug	10 E.L							
	Clam shells	20 E.S							
	Man Man		4		The	A	A	1	10
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