

Warm Up:

Rower	5 mins
Bridge Peel Ups	10
Broomstick Squat	15
Broom Stick Good Mornings	15
Broom stick Overhead squat	15

Weights:

4 x 15 Leg Press

DATE	Set 1	Set 2	Set 3	Set 4

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

3 x 15 SB DB Bench Press

DATE	Set 1	Set 2	Set 3

3 x 15 Kettle Bell Swings

DATE	Set 1	Set 2	Set 3

Core:

Scissors

20 E.L

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

