

<p style="text-align: center;">Legs/Inner Thigh</p> <p>ISO copenhagen plank x20-30 sec each Bulgarian x10 each Feet elevated hip raise x15 -rest 2-3 mins -complete 3-4 rounds</p>	<p style="text-align: center;">Legs</p> <p>Wall squat (4x4) x max reps Banded hip raise x max reps -rest 2-3 minutes -do 3-4 rounds</p>
<p style="text-align: center;">Glutes</p> <p>Banded barbell hip thrust x10 Banded BB hip thrust - top half x10 Banded BB hip thrust - ISO hold x max time -rest 2-3 minutes -complete 3-4 rounds</p>	<p style="text-align: center;">Glutes/Inner Thigh</p> <p>Suspended bulgarian split squat -do 4 sets of 20 reps each leg -rest as needed and record time -try to beat time each week -reduce reps as low as 10 if 20 is too difficult</p>
<p style="text-align: center;">Hamstrings</p> <p>Nordic ham curl x6 Swiss ball leg curl x12 Band leg curl x24 -rest 2-3 minutes -complete 2-4 rounds</p>	<p style="text-align: center;">Quads</p> <p>Sled push/pull x max lengths in 10 minutes -use empty sled or + 45 pounds depending on strength levels -record reps</p>
<p style="text-align: center;">Abs</p> <p>RKC flutter kicks on band x max QUALITY reps RKC plank x max QUALITY time -rest 1-2 minutes -do 3-5 rounds</p>	<p style="text-align: center;">Abs/Core</p> <p>Cable stamp (low to high) x8 each way Cable stamp (horizontal) x8 each way Cable stamp (high to low) x8 each way -rest 2-3 minutes -complete 3-4 rounds</p>
<p style="text-align: center;">Upper Body Strength</p> <p>Superset: DB Bench 10, 8, 6, 4, 2 Pull-ups 10, 8, 6, 4, 2 -do 10's, then 8's and so on -rest 1-2 minutes between sets</p>	<p style="text-align: center;">Upper Body Strength</p> <p>Kneeling viking press x6 Meadows row x10 each -rest 1-2 minutes -do 3-5 rounds</p>
<p style="text-align: center;">Total Body Strength</p> <p>KB farmer walk x down/back Double KB goblet squat x8 -repeat 8 times -set KB's down as little as possible -record total time -yellow or blue for women, gray or green for men</p>	<p style="text-align: center;">Total Body Strength</p> <p>Turkish get-up x3-5 each side -switch sides every 3-5 reps -rest as needed -do 10-15 minutes total -slower/better, heavier reps are preferred</p>
<p style="text-align: center;">Lower Body Strength</p> <p>Trap bar or conventional deadlift -perform 2 reps at the top of every minute -use heavy(ish) weight ~ 80% of max -use entire individual period</p>	<p style="text-align: center;">Chest/Triceps</p> <p>Chain fly x max QUALITY reps Chain bench press x max QUALITY reps -no rest between fly and bench -rest 2-3 minutes after each superset</p>
<p style="text-align: center;">Chest</p> <p>DB bench (5+5) x 4-6 reps Chest stretch on rings x30 sec BPA - palms up x20 -rest as needed -do 3-4 rounds</p>	<p style="text-align: center;">Shoulders</p> <p>KB waiter carry x max time KB 1 arm front rack carry x max time KB suitcase carry x max time -do all one side, then the other -rest as needed -do 2-3 sets each arm</p>

<p style="text-align: center;">Shoulders</p> <p>Seated arnold press x10 Seated bottom ½ arnold press x10 DB rear delt raise (lighter weight) x20 -rest 1-2 minutes -do 3-5 rounds</p>	<p style="text-align: center;">Upper Back</p> <p>CS ISO row (stick) x :30 CS DB row x10 T from bench x20 -Rest 2 minutes -Repeat 3-4 times</p>
<p style="text-align: center;">Upper Back</p> <p>SS inverted row x10 ISO Y/T/L x 20 sec each (no rest between) -rest 2-3 minutes -complete 3-5 rounds</p>	<p style="text-align: center;">Triceps</p> <p>EZ bar cable press down x max reps* EZ bar rolling cable pressdown x max reps *choose a weight with which you can do 12ish reps -rest 2-3 minutes -complete 2-4 rounds</p>
<p style="text-align: center;">Biceps/Grip Strength</p> <p>Fat grip 90* curls x max reps Fat grip curls x max reps Fat grip hammer curls x max reps -Rest 1-2 minutes -Do 3-4 sets</p>	<p style="text-align: center;">Fat Loss</p> <p>Echo Bike Intervals Minute 1: work for 10 sec, rest 50 sec Minute 2: work for 20 sec, rest 40 sec Minute 3: work for 30 sec, rest 30 sec Minute 4: work for 40 sec, rest 20 sec Minute 5: work for 50 sec, rest 10 sec</p>
<p style="text-align: center;">Arms (biceps + triceps)</p> <p>Band curl x100 reps (rest as needed) Band pressdown x100 reps (rest as needed)</p>	<p style="text-align: center;">Fat Loss</p> <p>DB complex 2 (complete 3 rounds as fast as possible without stopping): Curl, curl/press, squat/press,RDL, bent row, deadlift/curl/press each x3 reps -rest 1-2 minutes between rounds -do 3-5 sets</p>
<p style="text-align: center;">Low Back Health</p> <p>lateral line stretch x30 sec each Bird dog x6 each Elevated glute stretch w/ slide back x5-10 each leg</p>	<p style="text-align: center;">Hip Mobility/Health</p> <p>Standing hip internal/external rotation x20 total (10 internal and 10 external) each leg Hip ADDuction on roller x10 each Elevated glute stretch w/ slide back x5-10 each leg -use entire individual time</p>
<p style="text-align: center;">Shoulder Health</p> <p>Band shoulder traction x30 sec Chest stretch x30 sec Band shoulder traction x30 sec Lat stretch x30 -do all on one arm, then the other -use entire individual time</p>	<p style="text-align: center;">Knee Health</p> <p>Backward sled drag (empty or +45#) x5 minutes <i>With remaining time:</i> Reverse nordic x12 Dynamic soleus stretch x12 each -use entire individual period</p>
<p style="text-align: center;">Challenge #1 - Upper Body Strength</p> <p>DB bench x50 reps -choose a weight that you think you can do 15-20 times -rest as needed -record total time</p>	<p style="text-align: center;">Challenge #2 (little bit of everything)</p> <p>1 KB challenge: Pick a KB (normally gray for women, orange for men) Carry it anyway you want, switch as needed Don't set it down for a set amount of time (10-15 minutes)</p>