

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

<p>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>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>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>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>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>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>Arms (biceps + triceps)</p> <p>Band curl x100 reps (rest as needed) Band pressdown x100 reps (rest as needed)</p>	<p>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>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>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>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>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>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>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>