

<p style="text-align: center;">Legs/Inner Thigh</p> <p>ISO step-down x6-10 Step down x6-10 Step-up (same box height) x6-10 -do all one leg, then the other -rest 2-3 minutes -do 2-4 sets each leg</p>	<p style="text-align: center;">Legs</p> <p>Wall sit x max time Prone band leg curl x20 Banded hip raise x20 -rest 2-3 minutes -do 3-5 rounds</p>
<p style="text-align: center;">Glutes</p> <p>High box step-up x12 Single leg hip thrust x10 ISO Nasty dawg x max time -complete all on one side first, then other -rest as needed, minimally during the superset -complete 2-3 rounds each side</p>	<p style="text-align: center;">Glutes</p> <p>Superset with no rest: Banded hip raise (feet on wall) 3x30 sec Banded hip ABduction (feet on wall) 3x30 sec -rest 2-3 minutes after 3 sets each (6 sets total) are complete -do 2-3 rounds</p>
<p style="text-align: center;">Hamstrings</p> <p>Suspended leg curl x10 Backward hamstring march x 1 length -rest 2-3 minutes -complete 3-4 rounds</p>	<p style="text-align: center;">Quads</p> <p>Heels elevated 1.5 goblet squat x 10 Backward sled drag (2-3 plates) xdown and back -rest 2-3 minutes -do 2-4 rounds</p>
<p style="text-align: center;">Abs</p> <p>RKC → stir the pot x 6 each way RKC on swiss ball x max QUALITY time -rest 2-3 minutes -do 3-5 rounds</p>	<p style="text-align: center;">Abs</p> <p>Cable chop x6 each way Cable rotation x6 each way Cable lift x6 each way -2-3 minutes rest between supersets -do 3-4 rounds</p>
<p style="text-align: center;">Upper Body Strength</p> <p>DB bench 1.5's x10 DB chest supported ISO row x max time -record weights -rest 2-3 minutes -do 3-5 rounds</p>	<p style="text-align: center;">Upper Body Strength</p> <p>Push-ups on the minute: Do 6-8 at the top of every minute for 10-15 minutes. Do 10 band pull apart immediately after each set. -it will feel easy in the beginning, but gets HARD quickly -Record number of sets completed and bar height</p>
<p style="text-align: center;">Lower Body Strength/Inner thigh</p> <p>Single leg RDL x10 Lateral lunge x10 SL Hip Thrust x10 -complete all one side, then other -rest as needed -complete 2-4 rounds</p>	<p style="text-align: center;">Lower Body Strength</p> <p>Trap bar, conventional deadlift, front squat OR back squat -Perform 2 reps (80-85 percent of 1 rep max) at the top of every minute -Use the entire individual period -Record number of sets completed and weight used</p>
<p style="text-align: center;">Hip Flexors/Lower Abs</p> <p>Hanging march man x14 total Reverse crunch x12 Spider stretch x30 sec each -rest as needed -repeat 3-5 times</p>	<p style="text-align: center;">Total Body Strength</p> <p>BB RDL to row x6 BB floor press 6 -rest as needed, don't rush -do 4-6 rounds</p>
<p style="text-align: center;">Chest</p> <p>Med ball hex press (4 down, 4 up) x max reps DB bench (same weight, normal reps) x max reps Chest stretch on rings x30 seconds -rest 2-3 minutes -do 2-3 sets</p>	<p style="text-align: center;">Chest/Triceps</p> <p>Band assisted dips x20 Chest stretch on rings x30 seconds -rest 2 minutes -do 2-5 sets</p>

<p style="text-align: center;">Shoulders</p> <p>Boulder shoulder press from knees x12 Boulder shoulder press from feet x12 L's from floor x12 -No rest until the end...rest 1-2 minutes then. -repeat 3-5 times</p>	<p style="text-align: center;">Shoulders</p> <p>6 point shoulder (version 2) x8 Rear delt raise (same weight) x20 -rest 2-3 minutes -do 2-4 rounds</p>
<p style="text-align: center;">Upper Back</p> <p>Trap bar landmine row x0 2 band RRP x15 -rest 2-3 minutes -do 3-5 rounds</p>	<p style="text-align: center;">Upper Back</p> <p>Escalating density back attack: Pull-up x6 SS Inverted row x12 T from bench x24 -rest 2-3 minutes -do 2-4 rounds</p>
<p style="text-align: center;">Biceps</p> <p>90* curls x 10 Hammer curls (same weight) x max QUALITY reps -rest 2-3 minutes -do 2-4 sets</p>	<p style="text-align: center;">Triceps</p> <p>EZ bar triple tris: EZ bar skull crusher x10 EZ bar pullover x10 EZ bar bench press x10</p>
<p style="text-align: center;">Arms (biceps + triceps)</p> <p>Suspended rope curls x12 Suspended tricep extension x12</p>	<p style="text-align: center;">Fat Loss/Legs</p> <p>Continuous step-up -select a time frame - 5, 10 OR 15 minutes</p>
<p style="text-align: center;">Low Back Health</p> <p>Butt walk x30 total Bodyweight jefferson curl x10 Elevated glute stretch x30 sec each -use entire individual period</p>	<p style="text-align: center;">Fat Loss</p> <p>Echo bike - 10 sec on 20 sec off x 8 rounds -MAX EFFORT for 10 seconds</p>
<p style="text-align: center;">Shoulder/Elbow Health</p> <p>Hanging (feet on box if needed) x30 sec Scap dips on parallettes x12 2 band external rotation x12 -use entire individual period</p>	<p style="text-align: center;">Knee Health</p> <p>Banded sissy squat (1 band on each knee) x12 Tib raise x12 Reverse nordic ISO hold x30 sec Band lateral step x20 total -Use the ENTIRE individual time</p>
<p style="text-align: center;">Challenge - Core strength</p> <p>Windmill from elbows x max reps on 5 minutes -rest as needed - timer keeps going -get all the way to the sides of your feet each rep</p>	<p style="text-align: center;">Challenge - Arms</p> <p>DB Hammer Curl Drop Set -Start with a weight that you can do 20-25 reps -Do as many as you can, go down 5 pounds -Repeat until you reach 100 total reps</p>
<p style="text-align: center;">Challenge - Legs/fat loss</p> <p>Bodyweight sled push - max lengths in 5 minutes -record lengths</p>	<p style="text-align: center;">*Challenge - Your life choices</p> <p>KB farmer carry x1 length Double KB goblet squat x8 -Complete 8 rounds for time -record time -Men - gray KB's, Women - blue KB's</p>