

Warm-up: Bodyweight Squat
 Arch/Round
 Shoulder Rolls Back
 Shoulder Rolls Front

Arms Circles Back
 Arm Circles Front
 Hip Circles (both ways)
 Side to Side Lunge

Lateral Up & Over Reach
 Trunk Rotations

WEEKS 1-2

2 sets of all exercises

Date	Day 1	Set 1	Set 2	Set 3	Set 4	Notes
_____	a. Squat x10					
	b. Kettlebell Deadlift x10					
	b. Knee to Chest Stretch x10/side					
	c. Alternating Lunge x8/side					
	c. Cable Face Pull x12					
	d. Back Extension x10					
	d. Single Leg Hamstring Curl x8/side					

Date	Day 2	Set 1	Set 2	Set 3	Set 4	
_____	a. Bench x10					
	a. Shoulder Opener x8					
	b. Floor Press x10					
	b. Lat Pulldown x12					
	c. Kettlebell Bottoms Up Press x12/side					
	c. Dumbbell Row x10/side					
	c. Plank x30-60 seconds					

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 Trunk Rotations

WEEKS 3-4

3 sets of all exercises

Date	Day 1	Set 1	Set 2	Set 3	Set 4	Notes
_____	a. Squat x10					
	b. Kettlebell Deadlift x10					
	b. Knee to Chest Stretch x10/side					
	c. Alternating Lunge x8/side					
	c. Cable Face Pull x12					
	d. Back Extension x10					
	d. Single Leg Hamstring Curl x8/side					

Date	Day 2	Set 1	Set 2	Set 3	Set 4	
_____	a. Bench x10					
	a. Shoulder Opener x8					
	b. Floor Press x10					
	b. Lat Pulldown x12					
	c. Kettlebell Bottoms Up Press x12/side					
	c. Dumbbell Row x10/side					
	c. Plank x30-60 seconds					

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 Trunk Rotations

WEEKS 5-6

4 sets of all exercises

Date	Day 1	Set 1	Set 2	Set 3	Set 4	Notes
_____	a. Squat x10					
	b. Kettlebell Deadlift x10					
	b. Knee to Chest Stretch x10/side					
	c. Alternating Lunge x8/side					
	c. Cable Face Pull x12					
	d. Back Extension x10					
	d. Single Leg Hamstring Curl x8/side					

Date	Day 2	Set 1	Set 2	Set 3	Set 4	
_____	a. Bench x10					
	a. Shoulder Opener x8					
	b. Floor Press x10					
	b. Lat Pulldown x12					
	c. Kettlebell Bottoms Up Press x12/side					
	c. Dumbbell Row x10/side					
	c. Plank x30-60 seconds					