

WEEKS #7-9

Week 7: 3 sets of 20 reps

Week 8: 3 sets of 20 reps

Week 9: 3 sets of 20 reps



Monday: (Chest & Back)

Rapid Punches (3 sets of 30 seconds)-1

1-Jumping Push Ups-82

1-Pull Ups (overhand grip)-86

2-Inverted Push Ups-83

2-Bent Over DB Row (twisting grip)-18

3-DB Fly (on floor)-21

3-One Arm DB Row-19

4-“T” Shoulder Raises on TRX-78

4-Skydivers on Floor-17

5-Full Sit-Ups-9

Tuesday: (Triceps & Biceps)

Knee Strikes (3 sets of 30 seconds)-2

1-TRX Tricep Extension-69

1- TRX Bicep Curls #1-68

2-Dips on Chair-31

2- DB Bicep Curls-38

3-Overhead Tricep DB Extension-32

3-DB Hammer Curls-37

4- DB Side Bends-13

5-Bicycle Crunches-3

6-Side Planks (up and down movement, for reps)-6

Wednesday: (Legs)

High Front Kicks (3 sets of 30 seconds)-3

1-Squats (DBs on shoulders)-45

2-Jumping Squats-84

3-Reverse DB Lunges-50

4-Step Ups-48

5-Leg Curls on Sliders-44

6- Stiff-Leg Deadlifts-41

7-Standing Calf Raises (1 leg @ a time)-56

Thursday: (Chest & Back)

1,2 Sprawl (3 sets of 30 seconds)-4

1-DB Chest Press (floor)-20

1-Pull Ups (underhand grip)-86

2-TRX Chest Press-66

2-TRX Back Row (high elbows-overhand grip)-67

3-Push Up/Fly on Sliders-24

3-DB Shrugs-26

4-Ab Rollout on Sliders-1

5-Pikes on Sliders-2

6-Tabletop Crunches-10



Friday: (Triceps & Biceps)

1,2 Left Front Kick, Right Front Kick (3 sets of 30 seconds)-5

1-DB Skull Crushers-33

1-DB Reverse Curls-40

2- Close Grip Push Ups on floor-34

2- DB Concentraion Curl against inner thigh-39

TRX Shoulder Flow: (8 reps of each, continuous)

3-“Y” -78

3-“T” -78

3-“I” -78

3-“W” -79

3-“L” -80

Saturday: (Legs)

1- Wide DB Squats-46

2-Jumping Lunges-85

3-Side Lunges on Sliders-54

4-Adductors on Sliders-55

5-1 Leg Stiff leg Deadlifts -42

6-TRX Hamstring Planks-62

7- TRX Hamstring Curls-63

8-TRX Hip Drop-74

9-TRX Suspended Side Plank with Twist-77

Sunday: (YOGA)

YOGA Class #3