

WEEKS #1-3

Week 1: 3 sets of 10 reps

Week 2: 3 sets of 12 reps

Week 3: 3 sets of 15 reps



Monday:

1-Push up with Fly on Sliders (one arm version)-24

1-Reverse Lunges with Sliders-53

1-Full Sit Ups-9

2-DB Chest Press on Floor-20

2-Side Lunges on Sliders-54

2-Tabletop Crunches-10

3-Dips on Chair-31

3-Overhead Squats-52

3-Front Plank (30 seconds)-5

4-Standing Calf Raises -56

4-Mountain Climbers on Sliders (reps each leg)-58

Tuesday:

1-Bent Over DB Row (neutral grip)-18

1-Leg Curls on Sliders (low plank position)-44

1-DB Side Bends-13

2-One Arm DB Row-19

2-One Leg Stiff Leg Deadlift-42

2-Side Planks (30 second hold each side)-7

3-Rear Delt Spread -27

3-DB Bicep Curls (palms forward, same time)-36

3-Bicycle Crunches (15 reps each direction)-3

Wednesday:

YOGA Class #2

Thursday:

1-DB Chest Press on Floor-20

1-Step Ups on Chair-48

1-Pikes on Sliders-2

2-Burpees with Push-Up-59

2-Wide DB Squats-46

2-Straight Leg Lifts-8

3-DB Shoulder Press (standing)-25

3-Adductors on Sliders-55

3-Toe Touch Crunches-12

4-Brazilian Crunches (reps each way)-14

Friday:

1-Stiff Leg Deadlifts-41

1-DB Shrugs-26

1-Side to Side Crunches-16

2-Leg Curls on Sliders-44

2-One Arm DB Row-19

2-Crossover Crunches-4

3-Skydivers-17

3-DB Hammer Curls-37

3-“W” external rotations (full R.O.M.) (empty handed, no weights)-30

Saturday:

YOGA Class #2

Sunday:

Distance Run

Stretch routine