



**Bosu Ball Pushups**

Sets:	2
Reps:	20
Weight:	
Hold:	
Rest:	
1 x week	

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- 31

Notes:



**Lateral Leaps (Single Leg)**  
Perform with power and Quickness!

Sets:	2
Reps:	20
Weight:	
Hold:	
Rest:	
1 x week	

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Notes:



**Modified Chin-up**

Sets:	2
Reps:	20
Weight:	
Hold:	
Rest:	
1 x week	

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Notes:



**Front Plank - Lift Opposite arm/leg**

Sets:	2
Reps:	20
Weight:	
Hold:	
Rest:	
1 x week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

3 stairs after each circuit



**Kettle bell - 2 handed swing**

Sets:	2
Reps:	20
Weight:	
Hold:	
Rest:	
1 x week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Split Jumps (Alternating Lunges)**

Sets:	2
Reps:	20
Weight:	
Hold:	
Rest:	
1 x week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Tricep Dips**

Place hands on edge of a chair, legs extended out in front.  
Lower upper body down toward floor.  
Straighten elbows to lift body up. Repeat.

Sets:	2
Reps:	20
Weight:	
Hold:	
Rest:	
1 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Double Crunch on Bosu Ball**

Sets:	2
Reps:	20
Weight:	
Hold:	
Rest:	
1 x week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

3 stairs after each circuit



**Side Bridge - Forearm**

Lying on side with legs out straight (feet staggered) keeping, hip and shoulder in line.  
Support upper body on forearm, placing elbow directly under shoulder.  
Raise hip up off floor and hold.  
Avoid rotating forward or backward.

Sets:	1
Reps:	40 (per side)
Weight:	bdy wt
Hold:	
Rest:	
1 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes: