

Day 1

	<u>HR</u>	<u>Time</u>
Elliptical (Alpine Pass)	125	25 min

Pg #		<u>Sets</u>	<u>Reps</u>	<u>Sugg Wt</u>
222	Wall Squats	3	15	10
44	Cable Row w/ Drop Step	2	24	8.0
106	Alt Lat Lunge w/ Reach	2	24	
78	Dmbl Pullover on Ball	2	15	10
134	Plank w/ Alt Rot	3	12	
46	SL Squat w/ Row	2 ea	12	10.0
167	Side Bridge	2 ea	12	
225	X-Crunch	2	16	

Day 3

	<u>HR</u>	<u>Time</u>
Elliptical (Intervals 30":45")	125+	20 min

Pg #	Circuit x 3	<u>Sets</u>	<u>Reps</u>	<u>Sugg Wt</u>
120	MB Pushup Series	1	4 ea	
8	Accordion	1	20	
141	Supermans	1		
124	Oblique	1 ea	15	
111	Leg Cranks	1	15/15/15/10	

Day 2

	<u>HR</u>	<u>Time</u>
Bike (Fat Burner)	115	30 min

Pg #		<u>Sets</u>	<u>Reps</u>	<u>Sugg Wt</u>
113	Lunge on Step	2 ea	8	15
79	Dmbl Row on Ball	2 ea	8	35
160	SA Dmbl Chest Press on Ball	2 ea	6	30
153	Recline Pull	3	8	
52	Cable Upright Row	3	8	25
41a	Cable Push Pull	2 ea	15	8.0
86	Figure 8's w/ Converta Ball	2	20	2kg

Daily Stretching

	<u>Sets</u>	<u>Reps</u>
Single Knee to Chest	3 ea	15 sec
Piriformis	2 ea	15 sec
Hamstring w/ strap	3 ea	15 sec
Keiser Chest Stretch (#6)	3	15 sec
Keiser Calf Stretch (#2)	2	15 sec