

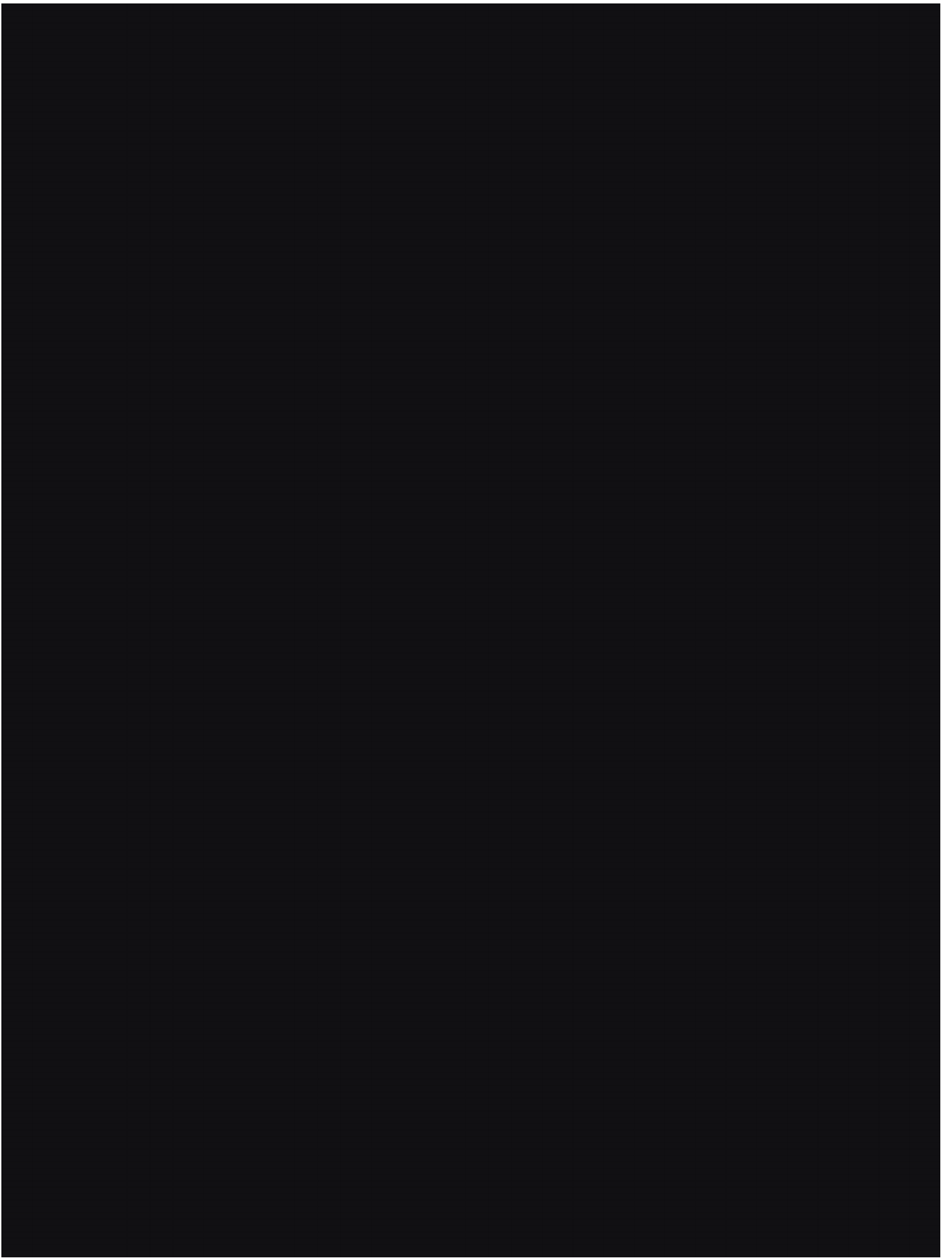
CORE CIRCUIT		
Perform Four Rounds Of This Circuit		
Exercise	Sets	Reps
Plank	4	30s+
Left Side Plank	4	30s+
Right Side Plank	4	30s+
Russian Twist with Weight	4	15+

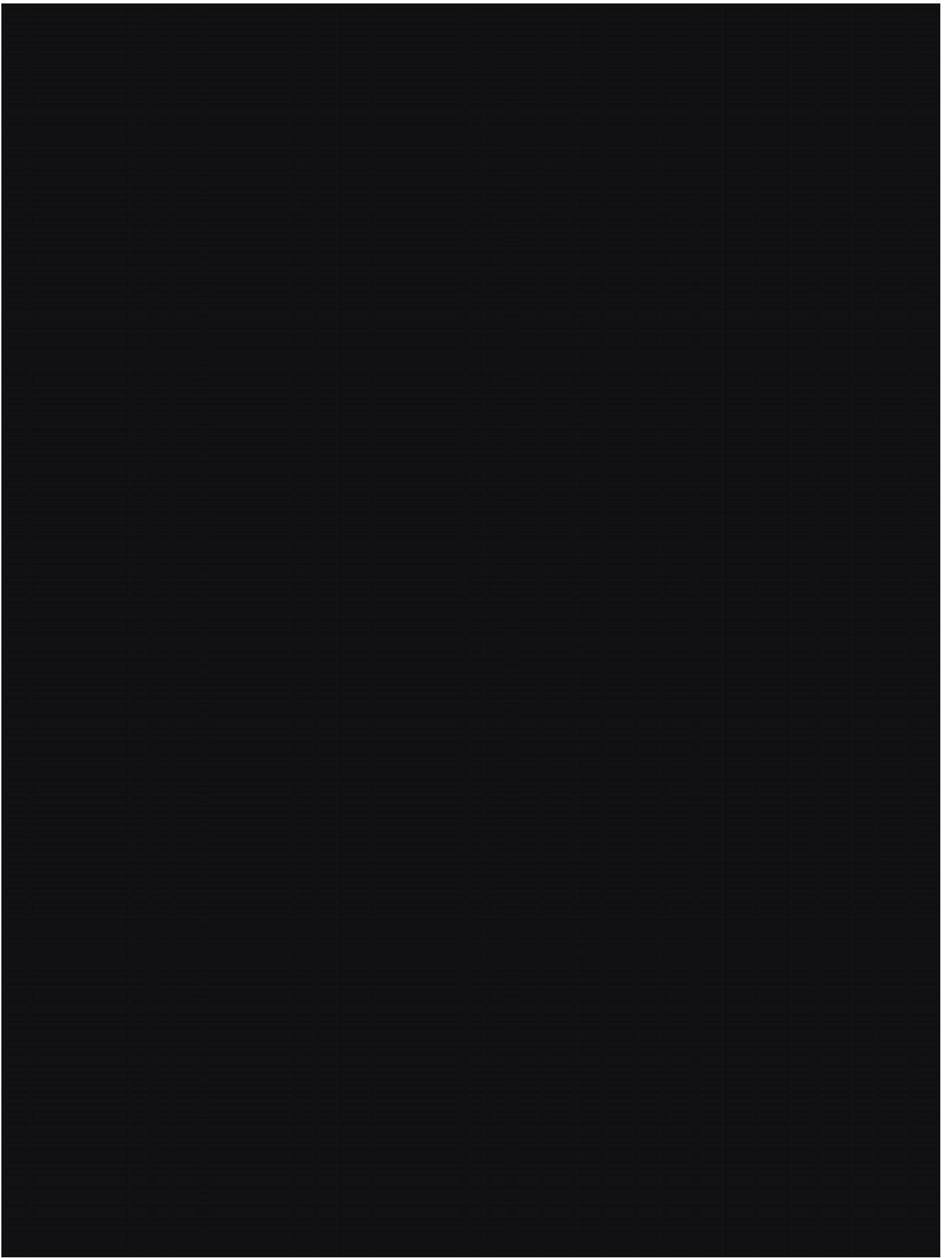
WORK THEM GLUTES		
WORKOUT A		
Exercise	Sets	Reps
Deadlift	5	2-5
Barbell Rows	5	5
Dumbbell Pullovers	4	8-12
BW Rows / Assist./Neg. Pull ups	4	8-12
Bicep Curls	4	8-12

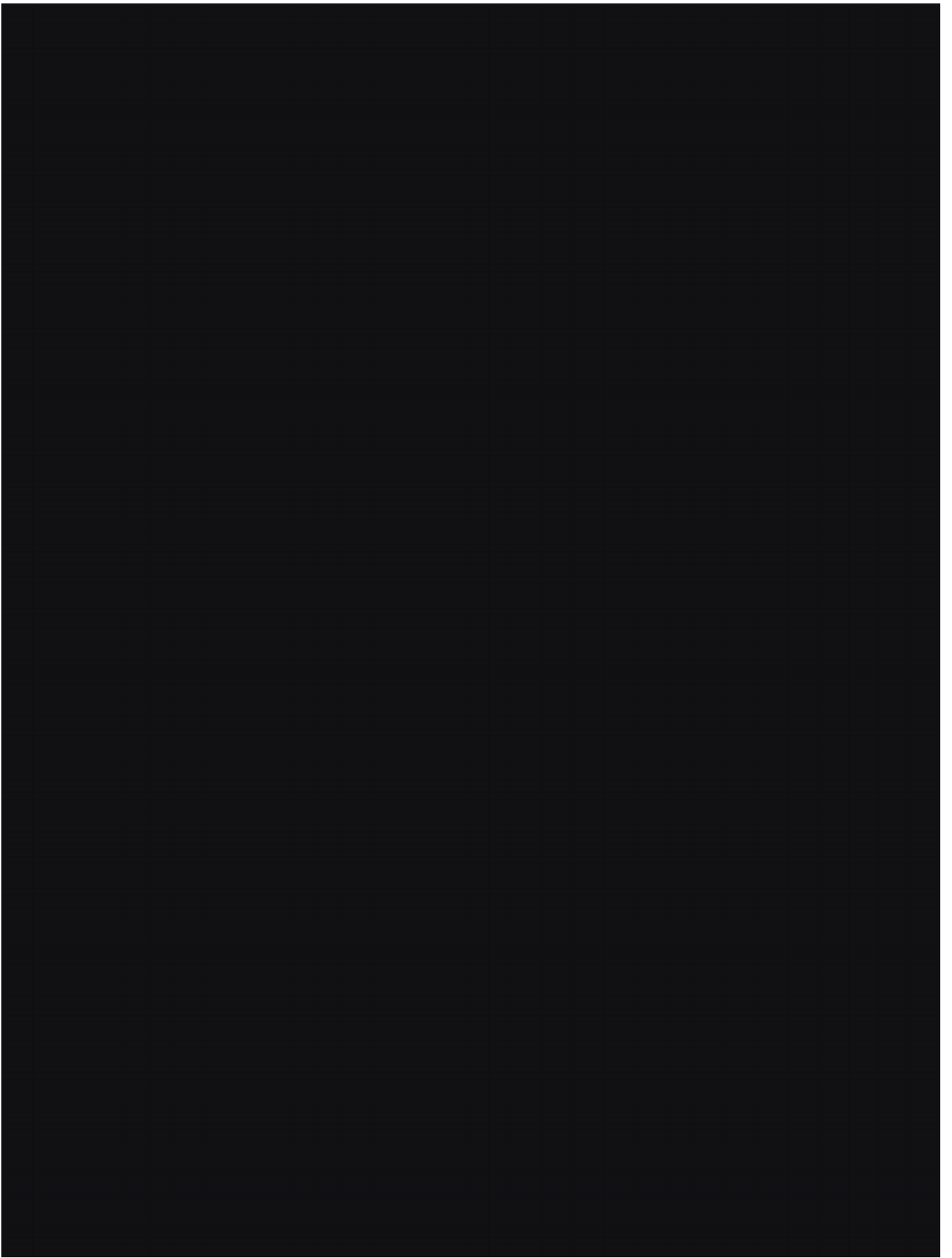
KETTLEBELL EXERCISES		
Exercise	Sets	Reps
KB Tricep Extensions	4	8-12
KB Swings	4	6-12
KB Snatch	4	30s+

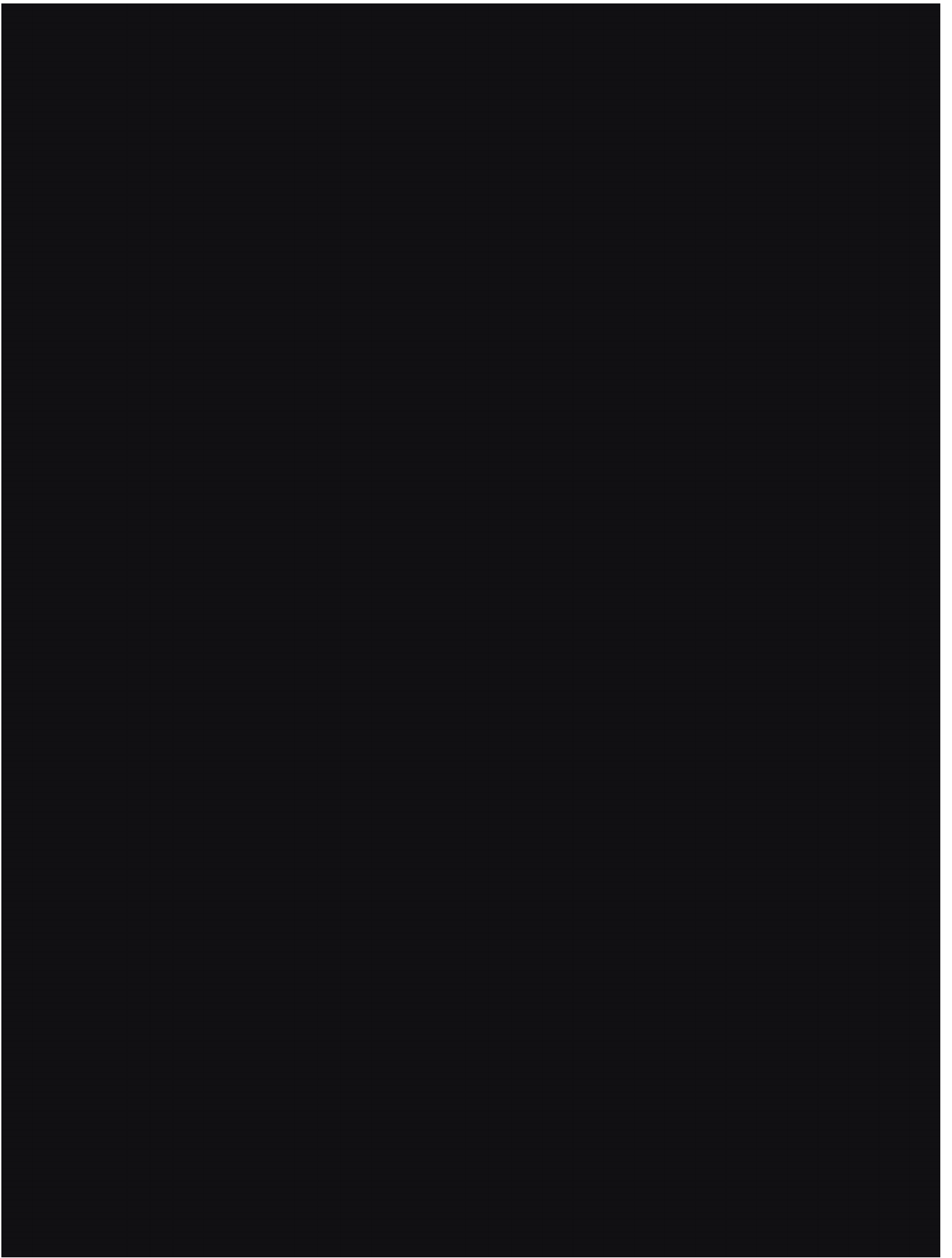
WORKOUT B		
Exercise	Sets	Reps
Overhead Press	5	2-5
Squat	5	5
Bench/Floor Press	5	5
Bodyweight Dips	4	
Bench Dips	4	8-12

WORKOUT C		
Exercise	Sets	Reps
Lunge - GO LIGHT	5	5-8
KB/DB Box Step Ups	4	8-12
Good Mornings	4	5-10
Seated / Standing Calf Raises	4	8-12
Assisted Pull Ups/Bench Dips	5	8-12











Day 1		
Chest, Shoulders & Triceps		
Exercise	Sets	Reps
Push Ups/Floor Press	4	8-12
Dumbbell Flys	3	8-12
Dumbbell Overhead Press	3	8-12
Dumbbell Side Raise	3	8-12
Diamond Push Ups	3	8-12
Tricep Kickbacks/Skullcrushers	3	8-12

Day 2		
Back & Biceps		
Exercise	Sets	Reps
Dumbbell Bent Over Row	3	8-12
One Arm Dumbbell Row	5	8-12e
Dumbbell Bicep Curl	3	8-12
Dumbbell Hammer Curl	3	8-12
Dumbbell Pinwheel Curl	2	8-12

Day 3		
Legs		
Exercise	Sets	Reps
Planks	3	30s
Dumbbell Lunges	3	8-12e.
Dumbbell Stiff Legged Deadlift	3	8-12
Dumbbell Calf Raise	3	20+
Dumbbell Goblet Squats	3	8-12

Day 4		
Exercise	Rest	Reps
REST		

Daily		
ATHLEAN.X AB Workout		
Exercise	Rest	Reps
W Raises	10s	5
Black Widow Knee Slides	10s	45s
Butterfly Sit-ups	10s	10
Seated Corkscrews	10s	45s
Levitation Crunches	10s	10
Sit-up Elbow Thrusts	10s	5e.
REPEAT EACH EXERCISE UNTIL FAILURE		

Daily Cardio	
20 Minutes	
Jog	
Brisk Walk	
Bike	