

Week 1 - Workout 1	Reps	Set 1 Weight	Set 2 Weight
Goblet Squats	20		
Pushups	20		
Upright Rows	20		
Plank	:30sec		
x2			
Strict Press	20		
SL Glute Bridge tap	15ea		
Bent 2A Row	20		
Dead Bug	:30sec		
x2			

Notes

Week 1 - Workout 2	Reps	Set 1 Weight	Set 2 Weight
Drop Lunge	20ea		
Pushups	20		
Lateral Raises	20		
Shoulder Tap Plank	:30sec		
x2			
SL Glute Bridge	15ea		
Shoulder Press	20		
Bent 2A Row	20ea		
15/15 Dead Bug Hold	15/15sec		
x2			

Notes

Week 1 - Workout 3	Reps	Set 1 Weight	Set 2 Weight
Squat Pedals	20 squats		
Pushups	20		
Snow Angels	20		
SA Plank	15/15sec		
x2			
SL Glute Bridge	15ea		
Kneeling SA Press	20ea		
Bent SA row	20ea		
Hollow Hold	:30sec		
x2			

Notes



Week 2 - Workout 4	Reps	Set 1 Weight	Set 2 Weight
Goblet Squats	20		
Pushups	20		
Upright Rows	20		
Plank	:30sec		
x2			
Strict Press	20		
SL Glute Bridge tap	15ea		
Bent 2A Row	20		
Dead Bug	:30sec		
x2			

Notes

Week 2 - Workout 5	Reps	Set 1 Weight	Set 2 Weight
Drop Lunge	20ea		
Pushups	20		
Lateral Raises	20		
Shoulder Tap Plank	:30sec		
x2			
SL Glute Bridge	15ea		
Shoulder Press	20		
Bent 2A Row	20ea		
15/15 Dead Bug Hold	15/15sec		
x2			

Notes

Week 2 - Workout 6	Reps	Set 1 Weight	Set 2 Weight
Squat Pedals	20 squats		
Pushups	20		
Snow Angels	20		
SA Plank	15/15sec		
x2			
SL Glute Bridge	15ea		
Kneeling SA Press	20ea		
Bent SA row	20ea		
Hollow Hold	:30sec		
x2			

Notes



Week 3 - Workout 7	Reps	Set 1 Weight	Set 2 Weight	Set 3 Weight
Goblet Squats: Up weight	15			
Floor Press	15			
Kneeling SA UR Row	15ea			
Shoulder Tap Plank	:30sec			
x3				
Strict Press	20			
SL Glute Bridge tap	15ea			
Bent 2A Row	20			
Dead Bug	:30sec			
x3				

Notes

Week 3 - Workout 8	Reps	Set 1 Weight	Set 2 Weight	Set 3 Weight
Forward Lunge	15ea			
Pushups	15			
Uptight Rows	15			
Slow Knee Tuck Cross Plank	:30sec			
x3				
Bench Glute Bridge	15			
Kneeling SA Press	15ea			
Bent High Row	15			
Hollow Hold	:30sec			
x3				

Notes

Week 3 - Workout 9	Reps	Set 1 Weight	Set 2 Weight	Set 3 Weight
Drop Lunge	15ea			
SA Floor Press	15ea			
Lateral Raise	15			
Side Plank	:30sec ea			
x3				
Dead Lifts	15			
Strict Press	15			
Bent Rev Fly	15			
Slow Bicycle Hold	:30sec			
x3				

Notes



Week 4 - Workout 10	Reps	Set 1 Weight	Set 2 Weight	Set 3 Weight
Goblet Squats: Up weight	15			
Floor Press	15			
Kneeling SA UR Row	15ea			
Shoulder Tap Plank	:30sec			
x3				
Strict Press	20			
SL Glute Bridge tap	15ea			
Bent 2A Row	20			
Dead Bug	:30sec			
x3				

Notes

Week 4 - Workout 11	Reps	Set 1 Weight	Set 2 Weight	Set 3 Weight
Forward Lunge	15ea			
Pushups	15			
Uptight Rows	15			
Slow Knee Tuck Cross Plank	:30sec			
x3				
Bench Glute Bridge	15			
Kneeling SA Press	15ea			
Bent High Row	15			
Hollow Hold	:30sec			
x3				

Notes

Week 4 - Workout 12	Reps	Set 1 Weight	Set 2 Weight	Set 3 Weight
Drop Lunge	15ea			
SA Floor Press	15ea			
Lateral Raise	15			
Side Plank	:30sec ea			
x3				
Dead Lifts	15			
Strict Press	15			
Bent Rev Fly	15			
Slow Bicycle Hold	:30sec			
x3				

Notes



Week 5 - Workout 13	Reps	Set 1 Weight	Set 2 Weight	Set 3 Weight
Curtsey Lunge	15			
Pushups	15			
Kneeling SA UR Row	15ea			
SA Plank	20/20			
x3				
Kickstand Deadlift	10ea			
Curl & Press	15			
Bent Rev Y	15			
Dead Bug	:30sec			
x3				

Notes

Week 5 - Workout 14	Reps	Set 1 Weight	Set 2 Weight	Set 3 Weight
Split Squat	15			
SL Bridge Floor Press	15			
Snow Angels	15			
Side Plank Hip Tap	:30sec ea			
x3				
SL Glute Bridge Tap	15ea			
Strict Press	15			
Bent SA High Row	15			
Hollow Hold Side Rock	:30sec			
x3				

Notes

Week 5 - Workout 15	Reps	Set 1 Weight	Set 2 Weight	Set 3 Weight
SA Front Squat	15			
SA Floor Press	15			
Lateral Raise	15			
Hands 2 Elbows Plank	:30sec ea			
x3				
1A Dead Lifts	10/10			
Arnold Press	15			
Bent SA Row: up weight	15			
Hollow Body Rocks	:30sec			
x3				

Notes



Week 6 - Workout 16	Reps	Set 1 Weight	Set 2 Weight	Set 3 Weight
Curtsey Lunge	15			
Pushups	15			
Kneeling SA UR Row	15ea			
SA Plank	20/20			
x3				
Kickstand Deadlift	10ea			
Curl & Press	15			
Bent Rev Y	15			
Dead Bug	:30sec			
x3				

Notes

Week 6 - Workout 17	Reps	Set 1 Weight	Set 2 Weight	Set 3 Weight
Split Squat	15			
SL Bridge Floor Press	15			
Snow Angels	15			
Side Plank Hip Tap	:30sec ea			
x3				
SL Glute Bridge Tap	15ea			
Strict Press	15			
Bent SA High Row	15			
Hollow Hold Side Rock	:30sec			
x3				

Notes

Week 6 - Workout 18	Reps	Set 1 Weight	Set 2 Weight	Set 3 Weight
SA Front Squat	15			
SA Floor Press	15			
Lateral Raise	15			
Hands 2 Elbows Plank	:30sec ea			
x3				
1A Dead Lifts	10/10			
Arnold Press	15			
Bent SA Row: up weight	15			
Hollow Body Rocks	:30sec			
x3				

Notes

