


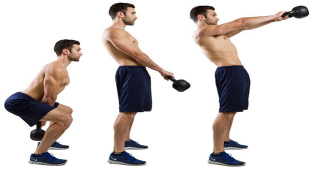

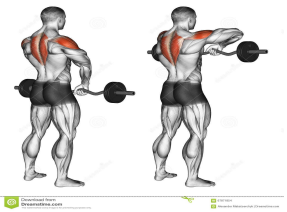
## STRENGTH : 60 MIN

WARM UP // 10 minute warm up at HR 120 or less

### DYNAMIC STRETCH

- ARM CIRCLES // BUTT-KICKS / PIKE STRETCH // WALKING LUNGES // KNEE TO CHEST // STRAIGHT LEG KICKS

### MAIN SETS

<ul style="list-style-type: none"> <li>• PLANK ROW WITH DUMBELLS             <ul style="list-style-type: none"> <li>o Easy = Legs Bent, Advanced = Legs Straight - 10 each arm x 3 sets</li> </ul> </li> </ul>	
	<ul style="list-style-type: none"> <li>• KETTLE BELL SWING             <ul style="list-style-type: none"> <li>o 30 Secs on, 30 Secs Rest x 3 sets</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>• MEDICINE BALL PUSHUPS             <ul style="list-style-type: none"> <li>o Easy = Bent Legs Balance on Knees, Advanced = Straight Legs Balance on Toes x 3 sets</li> </ul> </li> </ul>	
<p>INCLINE CHEST PRESS on Bench + Dumbbells x 3 sets</p>	<p>LAT PULL DOWN WIDE GRIP x 3 sets</p>
<p>DUMBBELL TRICEP EXTENSIONS x 3 sets</p>	
	<ul style="list-style-type: none"> <li>• STANDING UP RIGHT ROWS with weight bars x 3 sets</li> </ul>

### STATIC STRETCH

- Touch toes : hold 1 minute // Quad hold : 1 minute each leg // Calf stretch : 1 minute each leg // Side lunge : 1 minute each leg