

Week 3

SESSION 7

WARM-UP: 3 ROUNDS

- 12x Hip bridge
- 12x Shoulder tap (6 each side)
- 12x Superman back extension

4 ROUNDS

- 15x Squat
- 10x Alternate lunge (each leg)
- 20x Russian twist (each side)

4 ROUNDS

- 12x Squat thrust
- 12x Sit-up
- 12x Mountain climbers (each leg)
- 12x Flutter kick (each leg)

SESSION 8

WARM-UP: 3 ROUNDS

- 10x Dead bug (each side)
- 10x Bird dog (each side)
- 3-way plank (1 minute each)

5 ROUNDS

- 5x Push-up
- 5x Push-up to knee tuck (each side)
- 5x Eccentric push-up (lower down 3-5 seconds)

4 ROUNDS

- 10x Jump squat
- 10x Leg raise
- 20x Squat
- 20x In-and-out Sit-up