

Dr. Kara Huff - Advanced Program

Advanced				
Week 7				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Deadlift with row	12	Static lunge with bicep curl	6/side
	Triceps kickback	12	Monster walk with band	4 forward/4 back x2
	Squat and press	12	Pushups	12
	Bear to regular plank	12	Supine heel to floor tap	6/side
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Standing bicep curl	12	Lateral raise	12
	Mountain climbers	20	Seated shoulder press	12
	Hammer curl to shoulder press	12	Rear crescent lunge	5/side
	Standing triceps extension	12	Single arm row	10/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	12	Donkey kick with band	6/side
	Deadlift	12	Plank jacks	20
	Reverse lunge	6/side	Squat with 4 pulses	10
	Jump rope	50	Seated hip adduction with ball	10

Week 8				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	12	Static lunge	10/side
	Side plank	30s/side	Straight arm plank with lateral step outs	10/side
	Upright row	12	Skull crusher	12
	Alternating lunge with bicep curl	6/side	Donkey kick with band	6/side
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Plank elbow to hand march	5/side	Mountain climbers	20
	Alternating side to front raise	16	Hammer curl to shoulder press	12
	Pushups	12	Crab walk	10 forward/10 back
	Triceps kickback	12	Standing upright row with band	12
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with 2 pulses	12	Lateral lunge with front raise	6/side
	Deadlift	12	Squat and press	12

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	Curtsey lunge	6/side	Calf raises	12
	Hip thrust	12	Standing hip abduction with band	12

Week 9				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Mountain Climbers	20	Curtsy lunge with unilateral curl and press	6/side
	Pushups	12	Bear to regular plank	12
	Squat and press	12	Triceps dips	12
	Deadlift	12	Squat with weight	12
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Lateral chest pull with band	12	Plank jacks	20
	Pushups	12	Squat and press	12
	Triceps kickback	12	Lateral raise	12
	Single arm row	10/side	Rear crescent lunge	5/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Monster walk with band	4 forward /4 back x2	Lateral squat walk with band	4 right/4 left x2
	Deadlift	12	Lateral lunge with front raise	6/side
	Alternating lunge with weight	6/side	Clam shell with band	10/side
	Squat with 2 pulses	12	Alternating lunge with hammer curl	6/side

Week 10				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Deadlift with row	12	Reverse lunge	6/side
	Triceps dips	12	Monster walk with band	4 forward/4 back x2
	Squat and press and overhead triceps extension	12	Incline pushups	12
	Knee to regular plank	12		6/side
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Standing bicep curl	12	Squat and press	12
	Mountain climbers	20	Plank elbow to hand march	5/side
	Alternating side to front raise	12	Static lunge with hammer curl	6/side

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	Triceps kickback	12	Single arm row	10/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	12	Donkey kick with band	6/side
	Deadlift	12	Plank jacks	20
	Reverse lunge with hammer curl	6/side	Squat with 2 pulses	12
	Jump rope	50	Seated hip adduction with ball	10

Week 11

Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	12	Squat and back row with band	12
	Side plank	20s/side	Straight arm plank with lateral step outs	10/side
	Deadlift	12	Bent over reverse fly	12
	Alternating lunge with bicep curl	6/side	Alternating lunge with hammer curl	6/side
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Plank with alternating shoulder tap	12	Standing bicep curl on one leg	6/side
	Alternating side to front raise	12	Hammer curl to shoulder press	12
	Pushups	12	Crab walk	10 forward/10 back
	Tricep kickback	10	Static lunge with overhead triceps extension	6/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	12	Calve raise with stability ball	12
	Deadlift	12	Seated hip adduction with ball	12
	Reverse lunge	6/side	Squat with 4 pulses	10
	Lateral squat walk with band	4 right/4 left x2	Plank jacks	20

Week 12

Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press and overhead triceps extension	10	Reverse lunge with hammer curl	6/side
	Standing bicep curl	12	Lateral chest pull with band	12

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	C-curve with pulse	30s	Knee to regular plank	12
	Squat with 4 pulses	10	Lateral squat walk with band	4 right/4 left x2
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl to shoulder press	12	Bicep curl in lunge hold	6/side
	Knee pushups	12	Triceps dips	12
	Alternating side to front raise	12	Plank jacks	20
	Standing upright row with band	12	Bent over reverse fly	12
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Donkey kick with band	6/side	Squat and press	12
	Alternating lunge with weight	12	Hip thrust	12
	Deadlift with row	12	Lateral lunge with front raise	6/side
	Seated hip adduction with ball	12	Standing hip abduction with band	12

Week 13

Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Reverse lunge with double pulse	6/side	Squat with weight	12
	Incline pushups	12	Upright row	12
	Russian twists	20	Side plank	30s/side
	Alternating lunge with hammer curl	12	Plank jacks	20
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl to shoulder press	12	Alternating lunge with bicep curl	12
	Standing triceps extension	12	Straight arm plank with lateral step outs	20
	Bent arm lateral raise	12	Incline pushups	12
	Seated back row with band	12	Chest press with band	12
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Donkey kick with band	6/side	Squat with 2 pulses	12
	Squat and press	12	Reverse lunge	6/side
	Deadlift with row	12	Mountain climbers	20
	Static lunge	10/side	Clam shell with band	6/side

Week 14

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Monday				
Total Body				
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Deadlift with row	12	Static lunge with bicep curl	6/side
	Triceps kickback	12	Monster walk with band	4 forward/4 back x2
	Squat and press	12	Pushups	12
	Bear to regular plank	12	Supine heel to floor tap	6/side
Wednesday				
Upper body				
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Standing bicep curl	12	Lateral raise	12
	Mountain climbers	20	Seated shoulder press	12
	Hammer curl to shoulder press	12	Rear crescent lunge	5/side
	Standing triceps extension	12	Single arm row	10/side
Friday				
Lower body				
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	12	Donkey kick with band	6/side
	Deadlift	12	Plank jacks	20
	Reverse lunge	6/side	Squat with 4 pulses	10
	Jump rope	50	Seated hip adduction with ball	10

Week 15				
Monday				
Total Body				
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	12	Static lunge	10/side
	Side plank	30s/side	Straight arm plank with lateral step outs	10/side
	Upright row	12	Skull crusher	12
	Alternating lunge with bicep curl	6/side	Donkey kick with band	6/side
Wednesday				
Upper body				
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Plank elbow to hand march	5/side	Mountain climbers	20
	Alternating side to front raise	16	Hammer curl to shoulder press	12
	Pushups	12	Crab walk	10 forward/10 back
	Triceps kickback	12	Standing upright row with band	12
Friday				
Lower body				
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with 2 pulses	12	Lateral lunge with front raise	6/side
	Deadlift	12	Squat and press	12
	Curtsey lunge	6/side	Calf raises	12

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	Hip thrust	12	Standing hip abduction with band	12
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Week 16

Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Mountain Climbers	20	Curtsy lunge with unilateral curl and press	6/side
	Pushups	12	Bear to regular plank	12
	Squat and press	12	Triceps dips	12
	Deadlift	12	Squat with weight	12
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Lateral chest pull with band	12	Plank jacks	20
	Pushups	12	Squat and press	12
	Triceps kickback	12	Lateral raise	12
	Single arm row	10/side	Rear crescent lunge	5/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
		4 forward / 4 back		4 right / 4 left
	Monster walk with band	x2	Lateral squat walk with band	x2
	Deadlift	12	Lateral lunge with front raise	6/side
	Alternating lunge with weight	6/side	Clam shell with band	10/side
	Squat with 2 pulses	12	Alternating lunge with hammer curl	6/side

Week 17

Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Deadlift with row	12	Reverse lunge	6/side
	Triceps dips	12	Monster walk with band	4 forward / 4 back x2
	Squat and press and overhead triceps extension	12	Incline pushups	12
	Knee to regular plank	12	Supine heel to floor tap	6/side
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Standing bicep curl	12	Squat and press	12
	Mountain climbers	20	Plank elbow to hand march	5/side
	Alternating side to front raise	12	Static lunge with hammer curl	6/side
	Triceps kickback	12	Single arm row	10/side

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Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	12	Donkey kick with band	6/side
	Deadlift	12	Plank jacks	20
	Reverse lunge with hammer curl	6/side	Squat with 2 pulses	12
	Jump rope	50	Seated hip adduction with ball	10

Week 18				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	12	Squat and back row with band	12
	Side plank	20s/side	Straight arm plank with lateral step outs	10/side
	Deadlift	12	Bent over reverse fly	12
	Alternating lunge with bicep curl	6/side	Alternating lunge with hammer curl	6/side
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Plank with alternating shoulder tap	12	Standing bicep curl on one leg	6/side
	Alternating side to front raise	12	Hammer curl to shoulder press	12
	Pushups	12	Crab walk	10 forward/10 back
	Tricep kickback	10	Static lunge with overhead triceps extension	6/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	12	Calve raise with stability ball	12
	Deadlift	12	Seated hip adduction with ball	12
	Reverse lunge	6/side	Squat with 4 pulses	10
	Lateral squat walk with band	4 right/4 left x2	Plank jacks	20

Week 19				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press and overhead triceps extension	10	Reverse lunge with hammer curl	6/side
	Standing bicep curl	12	Lateral chest pull with band	12
	C-curve with pulse	30s	Knee to regular plank	12

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	Squat with 4 pulses	10	Lateral squat walk with band	4 right/4 left x2
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl to shoulder press	12	Bicep curl in lunge hold	6/side
	Knee pushups	12	Triceps dips	12
	Alternating side to front raise	12	Plank jacks	20
	Standing upright row with band	12	Bent over reverse fly	12
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Donkey kick with band	6/side	Squat and press	12
	Alternating lunge with weight	12	Hip thrust	12
	Deadlift with row	12	Lateral lunge with front raise	6/side
	Seated hip adduction with ball	12	Standing hip abduction with band	12

Week 20				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Reverse lunge with double pulse	6/side	Squat with weight	12
	Incline pushups	12	Upright row	12
	Russian twists	20	Side plank	30s/side
	Alternating lunge with hammer curl	12	Plank jacks	20
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl to shoulder press	12	Alternating lunge with bicep curl	12
	Standing triceps extension	12	Straight arm plank with lateral step outs	20
	Bent arm lateral raise	12	Incline pushups	12
	Seated back row with band	12	Chest press with band	12
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Donkey kick with band	6/side	Squat with 2 pulses	12
	Squat and press	12	Reverse lunge	6/side
	Deadlift with row	12	Mountain climbers	20
	Static lunge	10/side	Clam shell with band	6/side

Week 21	
Monday	Total Body

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	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press and overhead triceps extension	10	Squat and back row with band	12
	Single arm row	10/side	Plank elbow to hand march	5/side
	C-curve with pulse	30s	Bird Dog	6/side
	Plank jacks	20	Curtsy lunge	6/side
Wednesday	Upper body		Lateral squat walk with band	
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl in lunge hold	6/side	Standing bicep curl	12
	Incline pushups	12	Tricep kickback	12
	Lateral raise	12	Seated lat pull down with band	12
	Kneeling ball squeeze	12	Hammer curl to shoulder press	12
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Deadlift	12	Lateral squat walk with band	4 right/4 left x2
	Squat and press	12	Kneeling hover	12
	Static lunge	10/side	Alternating lunge with weight	6/side
	Seated hip adduction with ball	12	Clam shell with band	12

Week 22				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	12	Reverse lunge with hammer curl	6/side
	Plank jacks	20	Incline pushups	12
	Squat and press and overhead triceps extension	10	Bicep curl in lunge hold	6/side
	C-curve with pulse	30s	Knee to regular plank	12
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Alternating side to front raise	12	Straight arm plank with lateral step outs	6/side
	Plank elbow to hand march	5/side	Lateral chest pull with band	12
	Bent over reverse fly	12	Hammer curl to shoulder press	12
	Incline pushups	12	Crab walk	10 forward/10 back
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with 2 pulses	12	Alternating lunge with bicep curl	6/side
	Deadlift	12	Calve raises	12

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Squat and back row with band	12	Seated hip adduction with ball	12
Static lunge	10/side	Lateral squat walk with band	4 right/4 left x2

Week 23

Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	12	Lateral lunge with front raise	6/side
	Incline pushups	12	Reverse lunge with double pulse	6/side
	Side plank	30s/side	Alternating side to front raise	12
	Deadlift with row	12	Crouching tiger (bear plank)	30s
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Bicep curl in lunge hold	6/side	Incline pushups	12
	Tricep kickback	12	Hammer curl to shoulder press	12
	Bent over reverse fly	12	Straight arm plank with lateral step outs	10/side
	Chest press with band	12	Single arm row	10/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Donkey kick with band	6/side	Alternating lunge with hammer curl	12
	Squat and press	12	Squat with 4 pulses	10
	Deadlift with row	12	Plank jacks	20
	Lateral lunge with weight	6/side	Kneeling hover	12

Week 24

Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	12	Donkey kick with band	6/side
	Reverse lunge with hammer curl	6/side	Lateral lunge with weight	6/side
	Bird Dog	6/side	Incline plank jacks	16
	Triceps dips	12	Seated back row with band	12
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl to shoulder press	12	Bent arm lateral raise	12
	Bicep curl in lunge hold	6/side	Crab walk	10 forward/10 back
	Incline knee pushups	12	Lateral chest pull with band	12

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	Seated lat pull down with band	12	Single arm row	10/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	12	Deadlift with row	12
	Reverse lunge	6/side	Static lunge with bicep curl	6/side
	Seated hip adduction with ball	12	Squat with 4 pulses	10
	Calve raises	12	Standing hip abduction with band	12

Week 25				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Lateral squat walk with band	4 right/4 left x2	Static lunge with bicep curl	6/side
	Curtsy lunge with unilateral curl and press	8/side	C-curve hold	20s
	Side plank	30s/side	Triceps dips	12
	Hammer curl to shoulder press	12	Squat with weight	12
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Incline knee pushups	12	Bicep curl in lunge hold	6/side
	Alternating side to front raise	12	Crab walk	10 forward/10 back
	Standing upright row with band	12	Bent arm lateral raise	12
	Lateral chest pull with band	12	Single arm row	10/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press and overhead triceps extension	12	Kneeling hover	12
	Lateral lunge	6/side	Reverse lunge with hammer curl	6/side
	Deadlift	12	Seated hip adduction with ball	12
	Static lunge	6/side	Standing hip abduction with band	12

Week 26				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps

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	Squat and press	12	Reverse lunge with hammer curl	6/side
	Triceps dips	12	Alternating side to front raise	12
	Bird Dog	6/side	Side knee plank	30s/side
	Lateral lunge with front raise	6/side	Squat with 2 pulses	12
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Seated lat pull down with band	12	Bicep curl in lunge hold	6/side
	Chest press with band	12	Lateral raise	12
	Hammer curl to shoulder press	12	Standing upright row with band	12
	Tricep kickback	12	Incline knee pushups	12
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Lateral lunge with weight	6/side	Squat with 4 pulses	10
	Squat and press	12	Static lunge	10/side
	Deadlift	12	Donkey kick with band	6/side
	Monster walk with band	4 forward /4 back x2	Clam shell with band	6/side

Week 27				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and back row with band	12	Deadlift	12
	Clam shell with band	6/side	Side knee plank	30s/side
	Alternating lunge with hammer curl	12	Squat and press	12
	Incline knee pushups	12	Triceps dips	12
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Bicep curl in lunge hold	6/side	Hammer curl to shoulder press	12
	Alternating standing front raise	12	Incline knee pushups	12
	Lateral chest pull with band	12	Standing upright row with band	12
	Crab walk	10 forward /10 back	Bent arm lateral raise	12
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	12	Squat and press	12
	Deadlift	12	Donkey kick with band	6/side

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Lateral lunge with weight	6/side	Static lunge with hammer curl	6/side
Standing hip abduction with band	12	Seated hip adduction with ball	12

Week 28

Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press and overhead triceps extension	10	Reverse lunge with hammer curl	6/side
	Standing bicep curl	12	Lateral chest pull with band	12
	Core breathing	30s	Core breathing	12
	Squat with 2 pulses	10	Lateral squat walk with band	4 right/4 left x2
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl to shoulder press	12	Bicep curl in lunge hold	6/side
	Seated shoulder press	12	Triceps dips	12
	Alternating side to front raise	12	Bent arm lateral raise	12
	Standing upright row with band	12	Seated back row with band	12
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Donkey kick with band	6/side	Squat and press	12
	Alternating lunge with weight	12	Squat with weight	12
	Deadlift with row	12	Lateral lunge with front raise	6/side
	Seated hip adduction with ball	12	Standing hip abduction with band	12

Week 29

Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Reverse lunge with double pulse	6/side	Squat with weight	12
	Triceps dips	12	Upright row	12
	Core breathing	30s	Hammer curl to shoulder press	12
	Alternating lunge with hammer curl	12	Donkey kick with band	6/side
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl to shoulder press	12	Alternating lunge with bicep curl	12
	Standing triceps extension	12	Straight arm plank with lateral step outs	20

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	Bent arm lateral raise	12	Wall pushups	12
	Seated back row with band	12	Chest press with band	12
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Donkey kick with band	6/side	Squat with 2 pulses	12
	Squat and press	12	Reverse lunge	6/side
	Deadlift with row	12	Lateral lunge	6/side
	Static lunge	10/side	Clam shell with band	6/side

Week 30				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press and overhead triceps extension	10	Squat and back row with band	12
	Single arm row	10/side	Seated shoulder press	12
	Lateral squat walk with band	4 right/4 left x2	Hammer curl in lunge hold	6/side
	Reverse lunge	6/side	Curtsy lunge	6/side
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl in lunge hold	6/side	Standing bicep curl	12
	Incline pushups	12	Tricep kickback	12
	Lateral raise	12	Seated lat pull down with band	12
	Kneeling ball squeeze	12	Hammer curl to shoulder press	12
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Deadlift	12	Lateral squat walk with band	4 right/4 left x2
	Squat and press	12	Deadlift	12
	Static lunge	10/side	Alternating lunge with weight	6/side
	Seated hip adduction with ball	12	Clam shell with band	6/side

Week 31				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	12	Reverse lunge with hammer curl	6/side
	Triceps dips	12	Tricep kickback	12
	Squat and press	10	Bicep curl in lunge hold	6/side
	Lateral lunge with front raise	6/side	Squat with 2 pulses	12
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps

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	Alternating side to front raise	12	Bent over reverse fly	12
	Triceps dips	12	Lateral chest pull with band	12
	Bent over reverse fly	12	Hammer curl to shoulder press	12
	Standing upright row with band	12	Crab walk	10 forward/10 back
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with 2 pulses	12	Alternating lunge with bicep curl	6/side
	Deadlift	12	Calve raises	12
	Squat and back row with band	12	Seated hip adduction with ball	12
	Static lunge	10/side	Lateral squat walk with band	4 right/4 left x2

Week 32				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	12	Lateral lunge with front raise	6/side
	Tricep kickback	12	Reverse lunge with double pulse	6/side
	Core breathing	30s	Alternating side to front raise	12
	Deadlift with row	12	Core breathing	30s
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Bicep curl in lunge hold	6/side	Bent arm lateral raise	12
	Tricep kickback	12	Hammer curl to shoulder press	12
	Bent over reverse fly	12	Alternating standing front raise	12
	Chest press with band	12	Single arm row	10/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Donkey kick with band	6/side	Alternating lunge with hammer curl	12
	Squat and press	12	Squat with 4 pulses	10
	Deadlift with row	12	Triceps dips	12
	Lateral lunge with weight	6/side	Curtsy lunge	6/side

Week 33				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	12	Donkey kick with band	6/side
	Reverse lunge with hammer curl	6/side	Lateral lunge with weight	6/side

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	Core breathing	30s	Hammer curl to shoulder press	12
	Triceps dips	12	Seated back row with band	12
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl to shoulder press	12	Bent arm lateral raise	12
	Bicep curl in lunge hold	6/side	Crab walk	10 forward/10 back
	Tricep kickback	12	Lateral chest pull with band	12
	Seated lat pull down with band	12	Single arm row	10/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	12	Deadlift with row	12
	Reverse lunge	6/side	Static lunge with bicep curl	6/side
	Seated hip adduction with ball	12	Squat with 4 pulses	10
	Calve raises	12	Standing hip abduction with band	12

Week 34				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Lateral squat walk with band	4 right/4 left x2	Static lunge with bicep curl	6/side
	Curtsy lunge with unilateral curl and press	8/side	Core breathing	30s
	Core breathing	30s	Triceps dips	12
	Hammer curl to shoulder press	12	Squat with weight	12
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Tricep kickback	12	Bicep curl in lunge hold	6/side
	Alternating side to front raise	12	Crab walk	10 forward/10 back
	Standing upright row with band	12	Bent arm lateral raise	12
	Lateral chest pull with band	12	Single arm row	10/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press and overhead triceps extension	12	Squat with 4 pulses	10
	Lateral lunge	6/side	Reverse lunge with hammer curl	6/side

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	Deadlift	12	Seated hip adduction with ball	12
	Static lunge	6/side	Standing hip abduction with band	12

Week 35

Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	12	Reverse lunge with hammer curl	6/side
	Triceps dips	12	Alternating side to front raise	12
	Core breathing	30s	Core breathing	30s
	Lateral lunge with front raise	6/side	Squat with 2 pulses	12
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Seated lat pull down with band	12	Bicep curl in lunge hold	6/side
	Chest press with band	12	Lateral raise	12
	Hammer curl to shoulder press	12	Standing upright row with band	12
	Tricep kickback	12	Squat and press	12
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Lateral lunge with weight	6/side	Squat with 4 pulses	10
	Squat and press	12	Static lunge	10/side
	Deadlift	12	Donkey kick with band	6/side
	Monster walk with band	4 forward /4 back x2	Clam shell with band	6/side

Week 36

Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and back row with band	12	Deadlift	12
	Clam shell with band	6/side	Core breathing	30s
	Alternating lunge with hammer curl	12	Squat and press	12
	Lateral lunge with front raise	6/side	Triceps dips	12
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Bicep curl in lunge hold	6/side	Hammer curl to shoulder press	12
	Alternating standing front raise	12	Tricep kickback	12
	Lateral chest pull with band	12	Standing upright row with band	12

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	Crab walk	10 forward /10 back	Bent arm lateral raise	12
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	12	Squat and press	12
	Deadlift	12	Donkey kick with band	6/side
	Lateral lunge with weight	6/side	Static lunge with hammer curl	6/side
	Standing hip abduction with band	12	Seated hip adduction with ball	12

Week 37				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Lateral squat walk with band	4 right/4 left x2	Static lunge with bicep curl	6/side
	Curtsy lunge with unilateral curl and press	8/side	Core breathing	30s
	Core breathing	30s	Triceps dips	12
	Hammer curl to shoulder press	12	Squat with weight	12
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Tricep kickback	12	Bicep curl in lunge hold	6/side
	Alternating side to front raise	12	Crab walk	10 forward/10 back
	Standing upright row with band	12	Bent arm lateral raise	12
	Lateral chest pull with band	12	Single arm row	10/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press and overhead triceps extension	12	Squat with 4 pulses	10
	Lateral lunge	6/side	Reverse lunge with hammer curl	6/side
	Deadlift	12	Seated hip adduction with ball	12
	Static lunge	6/side	Standing hip abduction with band	12

Week 38	
Monday	Total Body

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	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	12	Reverse lunge with hammer curl	6/side
	Triceps dips	12	Alternating side to front raise	12
	Core breathing	30s	Core breathing	30s
	Lateral lunge with front raise	6/side	Squat with 2 pulses	12
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Seated lat pull down with band	12	Bicep curl in lunge hold	6/side
	Chest press with band	12	Lateral raise	12
	Hammer curl to shoulder press	12	Standing upright row with band	12
	Tricep kickback	12	Squat and press	12
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Lateral lunge with weight	6/side	Squat with 4 pulses	10
	Squat and press	12	Static lunge	10/side
	Deadlift	12	Donkey kick with band	6/side
	Monster walk with band	4 forward /4 back x2	Clam shell with band	6/side

Week 39				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and back row with band	12	Deadlift	12
	Clam shell with band	6/side	Core breathing	30s
	Alternating lunge with hammer curl	12	Squat and press	12
	Lateral lunge with front raise	6/side	Triceps dips	12
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Bicep curl in lunge hold	6/side	Hammer curl to shoulder press	12
	Alternating standing front raise	12	Tricep kickback	12
	Lateral chest pull with band	12	Standing upright row with band	12
	Crab walk	10 forward /10 back	Bent arm lateral raise	12
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	12	Squat and press	12

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Deadlift	12	Donkey kick with band	6/side
Lateral lunge with weight	6/side	Static lunge with hammer curl	6/side
Standing hip abduction with band	12	Seated hip adduction with ball	12