

Beginner				
Week 7				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Deadlift with row	10	Static lunge with bicep curl	5/side
	Triceps kickback	10	Monster walk with band	4 forward/4 back x2
	Squat and press	10	Incline knee pushups	10
	Bear to regular plank	8	Supine heel to floor tap	6/side
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Standing bicep curl	10	Lateral raise	10
	Squat and press	10	Plank jacks	20
	Hammer curl to shoulder press	10	Tricep dips	10
	Reverse lunge	6/side	Donkey kick with band	6/side

Week 8				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat and press	10	Static lunge	6/side
	Side knee plank	20s/side	Straight arm plank with lateral step outs	6/side
	Upright row	10	Seated triceps extension	10
	Alternating lunge with bicep curl	5/side	Donkey kick with band	6/side
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Plank elbow to hand march on knees	4/side	Mountain climbers	20
	Hip thrust	10	Hammer curl to shoulder press	10
	Incline knee pushups	10	Squat and press	10
	Lateral lunge	5/side	Standing upright row with band	10

Week 9				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Mountain Climbers	20	Curtsy lunge with unilateral curl and press	5/side
	Incline knee pushups	10	Bear to regular plank	8
	Squat and press	10	Triceps dips	10

	Deadlift	10	Squat with weight	10
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Lateral chest pull with band	10	Plank jacks	20
	Lateral squat walk with band	4 right/4 left x2	Squat and press	10
	Triceps kickback	10	Lateral raise	10
	Squat with 2 pulses	8	Incline knee pushups	10

Week 10				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Deadlift with row	10	Reverse lunge	5/side
	Triceps dips	10	Monster walk with band	4 forward/4 back x2
	Squat and press	10	Incline knee pushups	10
	Knee plank	20s	Supine heel to floor tap	6/side
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Standing bicep curl	10	Squat and press	10
	Mountain climbers	20	Plank jacks	20
	Alternating side to front raise	10	Static lunge with hammer curl	5/side
	Lateral lunge	5/side	Single arm row	6/side

Week 11				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat with weight	10	Squat and back row with band	10
	Side knee plank	20s/side	Straight arm incline plank with lateral step outs	8/side
	Deadlift	10	Bent over reverse fly	10
	Alternating lunge with bicep curl	5/side	Alternating lunge with hammer curl	5/side
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Knee plank with alternating shoulder tap	5/side	Deadlift	10
	Reverse lunge	5/side	Squat with 2 pulses	8
	Incline knee pushups	10	Crab walk	8 forward/8 back

	Seated hip adduction with ball	10	Static lunge with overhead triceps extension	5/side
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Week 12				
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<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat and press and overhead triceps extension	6	Reverse lunge with hammer curl	5/side
	Standing bicep curl	10	Lateral chest pull with band	10
	C-curve with pulse	20s	Knee plank	20s
	Squat with 2 pulses	8	Lateral squat walk with band	4 right/4 left x2
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Hammer curl to shoulder press	10	Alternating side to front raise	10
	Seated hip adduction with ball	10	Squat and press	10
	Hip thrust	10	Seated back row with band	10
	Incline knee pushups	10	Standing hip abduction with band	10

Week 13				
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<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Reverse lunge with double pulse	5/side	Squat with weight	10
	Incline knee pushups	10	Upright row	10
	Russian twists	16	Side knee plank	20s/side
	Alternating lunge with hammer curl	10	Incline plank jacks	20
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Hammer curl to shoulder press	8	Alternating lunge with bicep curl	8
	Deadlift	10	Incline plank with lateral step outs	10
	Bent arm lateral raise	10	Incline mountain climbers	20
	Donkey kick with band	5/side	Chest press with band	10
	Squat with 2 pulses	8	Lateral squat walk with band	4 right/4 left x2
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>

	Hammer curl to shoulder press	10	Alternating side to front raise	10
	Seated hip adduction with ball	10	Squat and press	10
	Hip thrust	10	Seated back row with band	10
	Incline knee pushups	10	Standing hip abduction with band	10

Week 14				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Deadlift with row	10	Static lunge with bicep curl	5/side
	Triceps kickback	10	Monster walk with band	4 forward/4 back x2
	Squat and press	10	Incline knee pushups	10
	Bear to regular plank	8	Supine heel to floor tap	6/side
<b>Thursday</b>	<b>Total Body</b>			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Standing bicep curl	10	Lateral raise	10
	Squat and press	10	Plank jacks	20
	Hammer curl to shoulder press	10	Tricep dips	10
	Reverse lunge	6/side	Donkey kick with band	6/side

Week 15				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat and press	10	Static lunge	6/side
	Side knee plank	20s/side	Straight arm plank with lateral step outs	6/side
	Upright row	10	Seated triceps extension	10
	Alternating lunge with bicep curl	5/side	Donkey kick with band	6/side
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Plank elbow to hand march on knees	4/side	Mountain climbers	20
	Hip thrust	10	Hammer curl to shoulder press	10
	Incline knee pushups	10	Squat and press	10
	Lateral lunge	5/side	Standing upright row with band	10

Week 16				
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<b>Monday</b>				
<b>Total Body</b>				
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Mountain Climbers	20	Curtsy lunge with unilateral curl and press	5/side
	Incline knee pushups	10	Bear to regular plank	8
	Squat and press	10	Triceps dips	10
	Deadlift	10	Squat with weight	10
<b>Thursday</b>				
<b>Total Body</b>				
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Lateral chest pull with band	10	Plank jacks	20
	Lateral squat walk with band	4 right/4 left x2	Squat and press	10
	Triceps kickback	10	Lateral raise	10
	Squat with 2 pulses	8	Incline knee pushups	10

<b>Week 17</b>				
<b>Monday</b>				
<b>Total Body</b>				
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Deadlift with row	10	Reverse lunge	5/side
	Triceps dips	10	Monster walk with band	4 forward/4 back x2
	Squat and press	10	Incline knee pushups	10
	Knee plank	20s	Supine heel to floor tap	6/side
<b>Thursday</b>				
<b>Total Body</b>				
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Standing bicep curl	10	Squat and press	10
	Mountain climbers	20	Plank jacks	20
	Alternating side to front raise	10	Static lunge with hammer curl	5/side
	Lateral lunge	5/side	Single arm row	6/side

<b>Week 18</b>				
<b>Monday</b>				
<b>Total Body</b>				
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat with weight	10	Squat and back row with band	10
	Side knee plank	20s/side	Straight arm incline plank with lateral step outs	8/side
	Deadlift	10	Bent over reverse fly	10
	Alternating lunge with bicep curl	5/side	Alternating lunge with hammer curl	5/side
<b>Thursday</b>				
<b>Total Body</b>				
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>

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Knee plank with alternating shoulder tap	5/side	Deadlift	10
Reverse lunge	5/side	Squat with 2 pulses	8
Incline knee pushups	10	Crab walk	8 forward/8 back
Seated hip adduction with ball	10	Static lunge with overhead triceps extension	5/side

Week 19				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat and press and overhead triceps extension	6	Reverse lunge with hammer curl	5/side
	Standing bicep curl	10	Lateral chest pull with band	10
	C-curve with pulse	20s	Knee plank	20s
	Squat with 2 pulses	8	Lateral squat walk with band	4 right/4 left x2
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Hammer curl to shoulder press	10	Alternating side to front raise	10
	Seated hip adduction with ball	10	Squat and press	10
	Hip thrust	10	Seated back row with band	10
	Incline knee pushups	10	Standing hip abduction with band	10

Week 20				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Reverse lunge with double pulse	5/side	Squat with weight	10
	Incline knee pushups	10	Upright row	10
	Russian twists	16	Side knee plank	20s/side
	Alternating lunge with hammer curl	10	Incline plank jacks	20
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Hammer curl to shoulder press	8	Alternating lunge with bicep curl	8
	Deadlift	10	Incline plank with lateral step outs	10
	Bent arm lateral raise	10	Incline mountain climbers	20
	Donkey kick with band	5/side	Chest press with band	10

Week 21				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat and press and overhead triceps extension	6	Squat and back row with band	8
	Single arm row	6/side	Plank elbow to hand march on knees	4/side
	C-curve with pulse	20s	Bird Dog	5/side
	Incline plank jacks	16	Curtsy lunge	5/side
<b>Thursday</b>	<b>Total Body</b>			
	<b>Lateral squat walk with band</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Hammer curl in lunge hold	5/side	Alternating lunge with weight	4 right/4 left x2
	Incline knee pushups	10	Tricep kickback	10
	Squat and press	10	Clam shell with band	10
	Seated hip adduction with ball	10	Lateral raise	10

Week 22				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat with weight	10	Reverse lunge with hammer curl	5/side
	Incline plank jacks	12	Incline knee pushups	8
	Squat and press	8	Bicep curl in lunge hold	5/side
	C-curve with pulse	20s	Incline knee plank	20s
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Alternating side to front raise	10	Lateral chest pull with band	10
	Static lunge	8/side	Deadlift	10
	Squat	10	Hammer curl to shoulder press	8
	Incline knee pushups	10	Lateral squat walk with band	4 right/4 left x2

Week 23				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat with weight	10	Lateral lunge with front raise	5/side
	Incline knee pushups	10	Reverse lunge with double pulse	5/side

	Side knee plank	20s/side	Alternating side to front raise	10
	Deadlift with row	8	Crouching tiger (bear plank)	20s
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Bicep curl in lunge hold	5/side	Plank jacks	16
	Squat and press	8	Hammer curl to shoulder press	8
	Lateral lunge with weight	5/side	Deadlift	10
	Chest press with band	10	Single arm row	6/side

Week 24				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat with weight	10	Donkey kick with band	5/side
	Reverse lunge with hammer curl	5/side	Lateral lunge with weight	5/side
	Bird Dog	5/side	Incline plank jacks	12
	Triceps dips	10	Seated back row with band	10
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Seated hip adduction with ball	10	Bent arm lateral raise	10
	Bicep curl in lunge hold	5/side	Standing hip abduction with band	10
	Incline knee pushups	10	Lateral chest pull with band	10
	Squat and press	8	Reverse lunge	5/side

Week 25				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Lateral squat walk with band	4 right/4 left x2	Static lunge with bicep curl	5/side
	Curtsy lunge	5/side	C-curve hold	20s
	Side knee plank	20s/side	Triceps dips	10
	Hammer curl to shoulder press	8	Squat with weight	10
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Incline knee pushups	10	Bicep curl in lunge hold	5/side
	Lateral lunge	5/side	Squat with 2 pulses	8
	Alternating side to front raise	10	Bent arm lateral raise	10
	Deadlift	10	Reverse lunge with hammer curl	5/side

Week 26				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat and press	8	Reverse lunge with hammer curl	5/side
	Triceps dips	10	Alternating side to front raise	10
	Bird Dog	5/side	Side knee plank	20s/side
	Lateral lunge with front raise	5/side	Squat with 2 pulses	8
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Hammer curl to shoulder press	8	Bicep curl in lunge hold	5/side
	Deadlift	10	Donkey kick with band	5/side
	Squat with 2 pulses	8	Lateral lunge	5/side
	Tricep kickback	10	Incline knee pushups	10

Week 20				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Reverse lunge with double pulse	5/side	Squat with weight	10
	Incline knee pushups	10	Upright row	10
	Russian twists	16	Side knee plank	20s/side
	Alternating lunge with hammer curl	10	Incline plank jacks	20
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Hammer curl to shoulder press	8	Alternating lunge with bicep curl	8
	Deadlift	10	Incline plank with lateral step outs	10
	Bent arm lateral raise	10	Incline mountain climbers	20
	Donkey kick with band	5/side	Chest press with band	10

Week 21				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat and press and overhead triceps extension	6	Squat and back row with band	8
	Single arm row	6/side	Plank elbow to hand march on knees	4/side

	C-curve with pulse	20s	Bird Dog	5/side
	Incline plank jacks	16	Curtsy lunge	5/side
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Hammer curl in lunge hold	5/side	Alternating lunge with weight	4 right/4 left x2
	Incline knee pushups	10	Tricep kickback	10
	Squat and press	10	Clam shell with band	10
	Seated hip adduction with ball	10	Lateral raise	10

Week 22				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat with weight	10	Reverse lunge with hammer curl	5/side
	Incline plank jacks	12	Incline knee pushups	8
	Squat and press	8	Bicep curl in lunge hold	5/side
	C-curve with pulse	20s	Incline knee plank	20s
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Alternating side to front raise	10	Lateral chest pull with band	10
	Static lunge	8/side	Deadlift	10
	Squat	10	Hammer curl to shoulder press	8
	Incline knee pushups	10	Lateral squat walk with band	4 right/4 left x2

Week 23				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat with weight	10	Lateral lunge with front raise	5/side
	Incline knee pushups	10	Reverse lunge with double pulse	5/side
	Side knee plank	20s/side	Alternating side to front raise	10
	Deadlift with row	8	Crouching tiger (bear plank)	20s
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Bicep curl in lunge hold	5/side	Plank jacks	16
	Squat and press	8	Hammer curl to shoulder press	8
	Lateral lunge with weight	5/side	Deadlift	10

	Chest press with band	10	Single arm row	6/side
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Week 24				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat with weight	10	Donkey kick with band	5/side
	Reverse lunge with hammer curl	5/side	Lateral lunge with weight	5/side
	Bird Dog	5/side	Incline plank jacks	12
	Triceps dips	10	Seated back row with band	10
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Seated hip adduction with ball	10	Bent arm lateral raise	10
	Bicep curl in lunge hold	5/side	Standing hip abduction with band	10
	Incline knee pushups	10	Lateral chest pull with band	10
	Squat and press	8	Reverse lunge	5/side

Week 25				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Lateral squat walk with band	4 right/4 left x2	Static lunge with bicep curl	5/side
	Curtsy lunge	5/side	C-curve hold	20s
	Side knee plank	20s/side	Triceps dips	10
	Hammer curl to shoulder press	8	Squat with weight	10
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Incline knee pushups	10	Bicep curl in lunge hold	5/side
	Lateral lunge	5/side	Squat with 2 pulses	8
	Alternating side to front raise	10	Bent arm lateral raise	10
	Deadlift	10	Reverse lunge with hammer curl	5/side

Week 26				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat and press	8	Reverse lunge with hammer curl	5/side
	Triceps dips	10	Alternating side to front raise	10
	Bird Dog	5/side	Side knee plank	20s/side

	Lateral lunge with front raise	5/side	Squat with 2 pulses	8
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Hammer curl to shoulder press	8	Bicep curl in lunge hold	5/side
	Deadlift	10	Donkey kick with band	5/side
	Squat with 2 pulses	8	Lateral lunge	5/side
	Tricep kickback	10	Incline knee pushups	10

Week 27				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat	10	Deadlift	10
	Clam shell with band	5/side	Side knee plank	20s/side
	Alternating lunge with hammer curl	8	Squat and press	8
	Incline knee pushups	10	Triceps dips	10
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Bicep curl in lunge hold	5/side	Tricep kickback	10
	Squat with weight	10	Donkey kick with band	5/side
	Lateral chest pull with band	10	Lateral lunge	5/side
	Reverse lunge	5/side	Bent arm lateral raise	10

Week 28				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat and press and overhead triceps extension	6	Reverse lunge with hammer curl	5/side
	Standing bicep curl	10	Lateral chest pull with band	10
	Core breathing	20s	Core breathing	20s
	Squat with 2 pulses	8	Lateral squat walk with band	4 right/4 left x2
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Hammer curl to shoulder press	10	Alternating side to front raise	10
	Seated hip adduction with ball	10	Squat and press	10
	Bent arm lateral raise	10	Seated back row with band	10
	Triceps dips	10	Standing hip abduction with band	10

Week 29				
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<b>Monday</b>				
<b>Total Body</b>				
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Reverse lunge with double pulse	5/side	Squat with weight	10
	Triceps dips	10	Upright row	10
	Core breathing	20s	Hammer curl to shoulder press	10
	Alternating lunge with hammer curl	10	Donkey kick with band	5/side
<b>Thursday</b>				
<b>Total Body</b>				
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Hammer curl to shoulder press	8	Alternating lunge with bicep curl	8
	Deadlift	10	Wall pushups	10
	Bent arm lateral raise	10	Lateral lunge	5/side
	Donkey kick with band	5/side	Chest press with band	10

<b>Week 30</b>				
<b>Monday</b>				
<b>Total Body</b>				
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat and press and overhead triceps extension	6	Squat and back row with band	8
	Single arm row	6/side	Seated shoulder press	8
	Lateral squat walk with band	3 right/3 left x2	Hammer curl in lunge hold	5/side
	Reverse lunge	4/side	Curtsy lunge	5/side
<b>Thursday</b>				
<b>Total Body</b>				
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Hammer curl in lunge hold	5/side	Alternating lunge with weight	4 right/4 left x2
	Triceps dips	8	Tricep kickback	10
	Squat and press	10	Clam shell with band	4/side
	Seated hip adduction with ball	10	Lateral raise	10

<b>Week 31</b>				
<b>Monday</b>				
<b>Total Body</b>				
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat with weight	10	Reverse lunge with hammer curl	5/side
	Triceps dips	8	Standing upright row with band	10
	Squat and press	8	Bicep curl in lunge hold	5/side
	Lateral lunge with front raise	4/side	Squat with 2 pulses	8

Thursday				
Total Body				
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Alternating side to front raise	10	Lateral chest pull with band	10
	Static lunge	8/side	Deadlift	10
	Squat	10	Hammer curl to shoulder press	8
	Triceps dips	8	Lateral squat walk with band	4 right/4 left x2

Week 32				
Monday				
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	10	Lateral lunge with front raise	5/side
	Tricep kickback	10	Reverse lunge with double pulse	5/side
	Core breathing	20s	Alternating side to front raise	10
	Deadlift with row	8	Core breathing	20s
Thursday				
Total Body				
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Bicep curl in lunge hold	5/side	Bent arm lateral raise	16
	Squat and press	8	Hammer curl to shoulder press	8
	Lateral lunge with weight	5/side	Deadlift	10
	Chest press with band	10	Single arm row	6/side

Week 33				
Monday				
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	10	Donkey kick with band	5/side
	Reverse lunge with hammer curl	5/side	Lateral lunge with weight	5/side
	Core breathing	20s	Hammer curl to shoulder press	8
	Triceps dips	10	Seated back row with band	10
Thursday				
Total Body				
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Seated hip adduction with ball	10	Bent arm lateral raise	10
	Bicep curl in lunge hold	5/side	Standing hip abduction with band	10
	Tricep kickback	10	Lateral chest pull with band	10
	Squat and press	8	Reverse lunge	5/side

Week 34				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Lateral squat walk with band	4 right/4 left x2	Static lunge with bicep curl	5/side
	Curtsy lunge	5/side	Core breathing	20s
	Core breathing	20s	Triceps dips	10
	Hammer curl to shoulder press	8	Squat with weight	10
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Tricep kickback	10	Bicep curl in lunge hold	5/side
	Lateral lunge	5/side	Squat with 2 pulses	8
	Alternating side to front raise	10	Bent arm lateral raise	10
	Deadlift	10	Reverse lunge with hammer curl	5/side

Week 35				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat and press	8	Reverse lunge with hammer curl	5/side
	Triceps dips	10	Alternating side to front raise	10
	Core breathing	20s	Core breathing	20s
	Lateral lunge with front raise	5/side	Squat with 2 pulses	8
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Hammer curl to shoulder press	8	Bicep curl in lunge hold	5/side
	Deadlift	10	Donkey kick with band	5/side
	Squat with 2 pulses	8	Lateral lunge	5/side
	Tricep kickback	10	Lateral raise	10

Week 36				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat	10	Deadlift	10
	Clam shell with band	5/side	Core breathing	20s
	Alternating lunge with hammer curl	8	Squat and press	8
	Lateral lunge with front raise	4/side	Triceps dips	10
<b>Thursday</b>	<b>Total Body</b>			

<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
Bicep curl in lunge hold	5/side	Tricep kickback	10
Squat with weight	10	Donkey kick with band	5/side
Lateral chest pull with band	10	Lateral lunge	5/side
Reverse lunge	5/side	Bent arm lateral raise	10

<b>Week 37</b>				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Lateral squat walk with band	4 right/4 left x2	Static lunge with bicep curl	5/side
	Curtsy lunge	5/side	Core breathing	20s
	Core breathing	20s	Triceps dips	10
	Hammer curl to shoulder press	8	Squat with weight	10
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Tricep kickback	10	Bicep curl in lunge hold	5/side
	Lateral lunge	5/side	Squat with 2 pulses	8
	Alternating side to front raise	10	Bent arm lateral raise	10
	Deadlift	10	Reverse lunge with hammer curl	5/side

<b>Week 38</b>				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Squat and press	8	Reverse lunge with hammer curl	5/side
	Triceps dips	10	Alternating side to front raise	10
	Core breathing	20s	Core breathing	20s
	Lateral lunge with front raise	5/side	Squat with 2 pulses	8
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Hammer curl to shoulder press	8	Bicep curl in lunge hold	5/side
	Deadlift	10	Donkey kick with band	5/side
	Squat with 2 pulses	8	Lateral lunge	5/side
	Tricep kickback	10	Lateral raise	10

<b>Week 39</b>				
<b>Monday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>

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	Squat	10	Deadlift	10
	Clam shell with band	5/side	Core breathing	20s
	Alternating lunge with hammer curl	8	Squat and press	8
	Lateral lunge with front raise	4/side	Triceps dips	10
<b>Thursday</b>	<b>Total Body</b>			
	<b>Circuit 1/3</b>	<b>Reps</b>	<b>Circuit 2/4</b>	<b>Reps</b>
	Bicep curl in lunge hold	5/side	Tricep kickback	10
	Squat with weight	10	Donkey kick with band	5/side
	Lateral chest pull with band	10	Lateral lunge	5/side
	Reverse lunge	5/side	Bent arm lateral raise	10