

Dr. Kara Huff - Intermediate

Intermediate				
Week 7				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	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	Knee pushups	10
	Bear to regular plank	10	Supine heel to floor tap	6/side
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Standing bicep curl	10	Lateral raise	10
	Mountain climbers	20	Seated shoulder press	10
	Hammer curl to shoulder press	10	Rear crescent lunge	5/side
	Standing triceps extension	10	Single arm row	8/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	10	Donkey kick with band	6/side
	Deadlift	10	Plank jacks	20
	Reverse lunge	5/side	Squat with 2 pulses	8
	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	10	Static lunge	8/side
	Side knee plank	20s/side	Straight arm plank with lateral step outs	8/side
	Upright row	10	Skull crusher	10
	Alternating lunge with bicep curl	5/side	Donkey kick with band	6/side
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Plank elbow to hand march on knees	5/side	Mountain climbers	20
	Alternating side to front raise	10	Hammer curl to shoulder press	10
	Knee pushups	10	Crab walk	8 forward/8 back
	Triceps kickback	10	Standing upright row with band	10
Friday	Lower body			

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	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat	10	Lateral lunge with front raise	5/side
	Deadlift	10	Squat and press	10
	Curtsey lunge	5/side	Calf raises	10
	Hip thrust	10	Standing hip abduction with band	10

Week 9				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Mountain Climbers	20	Curtsy lunge with unilateral curl and press	5/side
	Knee pushups	10	Bear to regular plank	10
	Squat and press	10	Triceps dips	10
	Deadlift	10	Squat with weight	10
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Lateral chest pull with band	10	Plank jacks	20
	Knee pushups	10	Squat and press	10
	Triceps kickback	10	Lateral raise	10
	Single arm row	8/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	10	Lateral lunge with front raise	5/side
	Alternating lunge with weight	5/side	Clam shell with band	8/side
	Squat with 2 pulses	8	Alternating lunge with hammer curl	5/side

Week 10				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Deadlift with row	10	Reverse lunge	5/side
	Triceps dips	10	Monster walk with band	4 forward/4 back x2
	Squat and press and overhead triceps extension	8	Knee pushups	10
	Knee plank	30s	Supine heel to floor tap	6/side
Wednesday	Upper body			

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	Circuit 1/3	Reps	Circuit 2/4	Reps
	Standing bicep curl	10	Squat and press	10
	Mountain climbers	20	Plank elbow to hand march	5/side
	Alternating side to front raise	10	Static lunge with hammer curl	5/side
	Triceps kickback	10	Single arm row	8/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	10	Donkey kick with band	5/side
	Deadlift	10	Plank jacks	20
	Reverse lunge with hammer curl	5/side	Squat	10
	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	10	Squat and back row with band	10
	Side knee plank	20s/side	Straight arm 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
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Knee plank with alternating shoulder tap	10	Standing bicep curl on one leg	5/side
	Alternating side to front raise	10	Hammer curl to shoulder press	10
	Knee pushups	10	Crab walk	8 forward/8 back
	Tricep kickback	10	Static lunge with overhead triceps extension	5/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	10	Calve raise	10
	Deadlift	10	Seated hip adduction with ball	10
	Reverse lunge	5/side	Squat with 2 pulses	8
	Lateral squat walk with band	4 right/4 left x2	Plank jacks	20

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Week 12				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press and overhead triceps extension	8	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
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl to shoulder press	10	Bicep curl in lunge hold	5/side
	Knee pushups	10	Triceps dips	10
	Alternating side to front raise	10	Plank jacks	20
	Standing upright row with band	10	Bent over reverse fly	10
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Donkey kick with band	5/side	Squat and press	10
	Alternating lunge with weight	10	Hip thrust	10
	Deadlift with row	10	Lateral lunge with front raise	10
	Seated hip adduction with ball	10	Standing hip abduction with band	10

Week 13				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	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
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl to shoulder press	10	Alternating lunge with bicep curl	10
	Standing triceps extension	10	Incline plank with lateral step outs	16
	Bent arm lateral raise	10	Incline knee pushups	10
	Seated back row with band	10	Chest press with band	10

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Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Donkey kick with band	5/side	Squat	10
	Squat and press	10	Reverse lunge	5/side
	Deadlift with row	10	Incline mountain climbers	20
	Static lunge	8/side	Clam shell with band	5/side

Week 14				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Deadlift with row	10	Static lunge with bicep curl	5/side
	Triceps kickback	10	Monster walk with band	4 forward/4 backward
	Squat and press	10	Knee pushups	10
	Bear to regular plank	10	Supine heel to floor tap	6/side
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Standing bicep curl	10	Lateral raise	10
	Mountain climbers	20	Seated shoulder press	10
	Hammer curl to shoulder press	10	Rear crescent lunge	5/side
	Standing triceps extension	10	Single arm row	8/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	10	Donkey kick with band	6/side
	Deadlift	10	Plank jacks	20
	Reverse lunge	5/side	Squat with 2 pulses	8
	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	10	Static lunge	8/side
	Side knee plank	20s/side	Straight arm plank with lateral	8/side
	Upright row	10	Skull crusher	10
	Alternating lunge with bicep curl	5/side	Donkey kick with band	6/side
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Plank elbow to hand march on knees	5/side	Mountain climbers	20
	Alternating side to front raise	10	Hammer curl to shoulder press	10
	Knee pushups	10	Crab walk	8 forward/8 backward
	Triceps kickback	10	Standing upright row with bar	10
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat	10	Lateral lunge with front raise	5/side

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Deadlift	10	Squat and press	10
Curtsey lunge	5/side	Calf raises	10
Hip thrust	10	Standing hip abduction with b	10

Week 16				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Mountain Climbers	20	Curtsy lunge with unilateral cu	5/side
	Knee pushups	10	Bear to regular plank	10
	Squat and press	10	Triceps dips	10
	Deadlift	10	Squat with weight	10
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Lateral chest pull with band	10	Plank jacks	20
	Knee pushups	10	Squat and press	10
	Triceps kickback	10	Lateral raise	10
	Single arm row	8/side	Rear crescent lunge	5/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Monster walk with band	4 forward/4	Lateral squat walk with band	4 right/4 left x
	Deadlift	10	Lateral lunge with front raise	5/side
	Alternating lunge with weight	5/side	Clam shell with band	8/side
	Squat with 2 pulses	8	Alternating lunge with hamme	5/side

Week 17				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Deadlift with row	10	Reverse lunge	5/side
	Triceps dips	10	Monster walk with band	4 forward/4 be
	Squat and press and overhead tr	8	Knee pushups	10
	Knee plank	30s	Supine heel to floor tap	6/side
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Standing bicep curl	10	Squat and press	10
	Mountain climbers	20	Plank elbow to hand march	5/side
	Alternating side to front raise	10	Static lunge with hammer curl	5/side
	Triceps kickback	10	Single arm row	8/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	10	Donkey kick with band	5/side
	Deadlift	10	Plank jacks	20
	Reverse lunge with hammer curl	5/side	Squat	10
	Jump rope	50	Seated hip adduction with bal	10

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Week 18				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	10	Squat and back row with band	10
	Side knee plank	20s/side	Straight arm plank with lateral	8/side
	Deadlift	10	Bent over reverse fly	10
	Alternating lunge with bicep curl	5/side	Alternating lunge with hammer	5/side
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Knee plank with alternating shoulder	10	Standing bicep curl on one leg	5/side
	Alternating side to front raise	10	Hammer curl to shoulder press	10
	Knee pushups	10	Crab walk	8 forward/8 backward
	Tricep kickback	10	Static lunge with overhead tricep	5/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	10	Calve raise	10
	Deadlift	10	Seated hip adduction with ball	10
	Reverse lunge	5/side	Squat with 2 pulses	8
	Lateral squat walk with band	4 right/4 left	Plank jacks	20

Week 19				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press and overhead tricep	8	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 x.
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl to shoulder press	10	Bicep curl in lunge hold	5/side
	Knee pushups	10	Triceps dips	10
	Alternating side to front raise	10	Plank jacks	20
	Standing upright row with band	10	Bent over reverse fly	10
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Donkey kick with band	5/side	Squat and press	10
	Alternating lunge with weight	10	Hip thrust	10
	Deadlift with row	10	Lateral lunge with front raise	10
	Seated hip adduction with ball	10	Standing hip abduction with ball	10

Week 20	
Monday	Total Body

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	Circuit 1/3	Reps	Circuit 2/4	Reps
	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
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl to shoulder press	10	Alternating lunge with bicep curl	10
	Standing triceps extension	10	Incline plank with lateral step	16
	Bent arm lateral raise	10	Incline knee pushups	10
	Seated back row with band	10	Chest press with band	10
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Donkey kick with band	5/side	Squat	10
	Squat and press	10	Reverse lunge	5/side
	Deadlift with row	10	Incline mountain climbers	20
	Static lunge	8/side	Clam shell with band	5/side

Week 21				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press and overhead tricep extension	8	Squat and back row with band	10
	Single arm row	8/side	Plank elbow to hand march or	5/side
	C-curve with pulse	20s	Bird Dog	5/side
	Incline plank jacks	16	Curtsy lunge	5/side
Wednesday	Upper body		Lateral squat walk with band	
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl in lunge hold	5/side	Standing bicep curl	10
	Incline knee pushups	10	Tricep kickback	10
	Lateral raise	10	Seated lat pull down with band	10
	Kneeling ball squeeze	10	Hammer curl to shoulder press	10
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Deadlift	10	Lateral squat walk with band	4 right/4 left x
	Squat and press	10	Kneeling hover	10
	Static lunge	8/side	Alternating lunge with weight	5/side
	Seated hip adduction with ball	10	Clam shell with band	10

Week 22				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	10	Reverse lunge with hammer curl	5/side
	Incline plank jacks	16	Incline knee pushups	10

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	Squat and press and overhead tr	8	Bicep curl in lunge hold	5/side
	C-curve with pulse	20s	Knee plank	20s
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Alternating side to front raise	10	Incline plank with lateral step	8/side
	Plank elbow to hand march on k	5/side	Lateral chest pull with band	10
	Bent over reverse fly	10	Hammer curl to shoulder pres	10
	Incline knee pushups	10	Crab walk	8 forward/8 ba
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with 2 pulses	10	Alternating lunge with bicep c	5/side
	Deadlift	10	Calve raises	10
	Squat and back row with band	10	Seated hip adduction with bal	10
	Static lunge	8/side	Lateral squat walk with band	4 right/4 left x

Week 23				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	10	Lateral lunge with front raise	5/side
	Incline knee pushups	10	Reverse lunge with double pu	5/side
	Side knee plank	20s/side	Alternating side to front raise	10
	Deadlift with row	12	Crouching tiger (bear plank)	20s
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Bicep curl in lunge hold	5/side	Incline knee pushups	10
	Tricep kickback	10	Hammer curl to shoulder pres	10
	Bent over reverse fly	10	Incline plank with lateral step	8/side
	Chest press with band	10	Single arm row	8/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Donkey kick with band	5/side	Alternating lunge with hamme	10
	Squat and press	10	Squat with 2 pulses	8
	Deadlift with row	10	Plank jacks	20
	Lateral lunge with weight	5/side	Kneeling hover	10

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			

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	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl to shoulder press	10	Bent arm lateral raise	10
	Bicep curl in lunge hold	5/side	Crab walk	8 forward/8 ba
	Incline knee pushups	10	Lateral chest pull with band	10
	Seated lat pull down with band	10	Single arm row	8/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	10	Deadlift with row	10
	Reverse lunge	5/side	Static lunge with bicep curl	5/side
	Seated hip adduction with ball	10	Squat with 2 pulses	8
	Calve raises	10	Standing hip abduction with b	10

Week 25				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Lateral squat walk with band	4 right/4 left	Static lunge with bicep curl	5/side
	Curtsy lunge with unilateral curl	6/side	C-curve hold	20s
	Side knee plank	20s/side	Triceps dips	10
	Hammer curl to shoulder press	10	Squat with weight	10
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Incline knee pushups	10	Bicep curl in lunge hold	5/side
	Alternating side to front raise	10	Crab walk	8 forward/8 ba
	Standing upright row with band	10	Bent arm lateral raise	10
	Lateral chest pull with band	10	Single arm row	8/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press and overhead tr	8	Kneeling hover	10
	Lateral lunge	5/side	Reverse lunge with hammer c	5/side
	Deadlift	10	Seated hip adduction with bal	10
	Static lunge	5/side	Standing hip abduction with b	10

Week 26				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	10	Reverse lunge with hammer c	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
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Seated lat pull down with band	10	Bicep curl in lunge hold	5/side
	Chest press with band	10	Lateral raise	10

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	Hammer curl to shoulder press	10	Standing upright row with bar	10
	Tricep kickback	10	Incline knee pushups	10
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Lateral lunge with weight	5/side	Squat with 2 pulses	8
	Squat and press	10	Static lunge	8/side
	Deadlift	10	Donkey kick with band	5/side
	Monster walk with band	4 forward/4	Clam shell with band	5/side

Week 27				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and back row with band	10	Deadlift	10
	Clam shell with band	5/side	Side knee plank	20s/side
	Alternating lunge with hammer c	10	Squat and press	10
	Incline knee pushups	10	Triceps dips	10
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Bicep curl in lunge hold	5/side	Hammer curl to shoulder press	10
	Alternating standing front raise	10	Incline knee pushups	10
	Lateral chest pull with band	10	Standing upright row with bar	10
	Crab walk	8 forward/8	Bent arm lateral raise	10
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	10	Squat and press	10
	Deadlift	10	Donkey kick with band	5/side
	Lateral lunge with weight	5/side	Static lunge with hammer curl	5/side
	Standing hip abduction with ban	10	Seated hip adduction with bal	10

Week 28				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press and overhead tr	8	Reverse lunge with hammer c	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 x
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl to shoulder press	10	Bicep curl in lunge hold	5/side
	Seated shoulder press	10	Triceps dips	10
	Alternating side to front raise	10	Bent arm lateral raise	10
	Standing upright row with band	10	Seated back row with band	10
Friday	Lower body			

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Circuit 1/3	Reps	Circuit 2/4	Reps
Donkey kick with band	5/side	Squat and press	10
Alternating lunge with weight	10	Squat with weight	10
Deadlift with row	10	Lateral lunge with front raise	10
Seated hip adduction with ball	10	Standing hip abduction with b	10

Week 29				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	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 c	10	Donkey kick with band	5/side
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl to shoulder press	10	Alternating lunge with bicep c	10
	Standing triceps extension	10	Incline plank with lateral step	16
	Bent arm lateral raise	10	Wall pushups	10
	Seated back row with band	10	Chest press with band	10
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Donkey kick with band	5/side	Squat	10
	Squat and press	10	Reverse lunge	5/side
	Deadlift with row	10	Lateral lunge	5/side
	Static lunge	8/side	Clam shell with band	5/side

Week 30				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press and overhead tr	8	Squat and back row with band	10
	Single arm row	8/side	Seated shoulder press	10
	Lateral squat walk with band	4 right/4 left	Hammer curl in lunge hold	5/side
	Reverse lunge	5/side	Curtsy lunge	5/side
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Hammer curl in lunge hold	5/side	Standing bicep curl	10
	Incline knee pushups	10	Tricep kickback	10
	Lateral raise	10	Seated lat pull down with band	10
	Kneeling ball squeeze	10	Hammer curl to shoulder press	10
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Deadlift	10	Lateral squat walk with band	4 right/4 left x
	Squat and press	10	Deadlift	10

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	Static lunge	8/side	Alternating lunge with weight	5/side
	Seated hip adduction with ball	10	Clam shell with band	5/side

Week 31				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	10	Reverse lunge with hammer c	5/side
	Triceps dips	10	Tricep kickback	10
	Squat and press	8	Bicep curl in lunge hold	5/side
	Lateral lunge with front raise	5/side	Squat with 2 pulses	10
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Alternating side to front raise	10	Bent over reverse fly	10
	Triceps dips	10	Lateral chest pull with band	10
	Bent over reverse fly	10	Hammer curl to shoulder pres	10
	Standing upright row with band	10	Crab walk	8 forward/8 ba
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with 2 pulses	10	Alternating lunge with bicep c	5/side
	Deadlift	10	Calve raises	10
	Squat and back row with band	10	Seated hip adduction with bal	10
	Static lunge	8/side	Lateral squat walk with band	4 right/4 left x:

Week 32				
Monday	Total Body			
	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 pu	5/side
	Core breathing	20s	Alternating side to front raise	10
	Deadlift with row	12	Core breathing	20s
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Bicep curl in lunge hold	5/side	Bent arm lateral raise	10
	Tricep kickback	10	Hammer curl to shoulder pres	10
	Bent over reverse fly	10	Alternating standing front rais	10
	Chest press with band	10	Single arm row	8/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Donkey kick with band	5/side	Alternating lunge with hamme	10
	Squat and press	10	Squat with 2 pulses	8
	Deadlift with row	10	Triceps dips	10
	Lateral lunge with weight	5/side	Curtsy lunge	5/side

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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
	Core breathing	20s	Hammer curl to shoulder press	10
	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	10	Bent arm lateral raise	10
	Bicep curl in lunge hold	5/side	Crab walk	8 forward/8 back
	Tricep kickback	10	Lateral chest pull with band	10
	Seated lat pull down with band	10	Single arm row	8/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	10	Deadlift with row	10
	Reverse lunge	5/side	Static lunge with bicep curl	5/side
	Seated hip adduction with ball	10	Squat with 2 pulses	8
	Calve raises	10	Standing hip abduction with band	10

Week 34				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Lateral squat walk with band	4 right/4 left	Static lunge with bicep curl	5/side
	Curtsy lunge with unilateral curl	6/side	Core breathing	20s
	Core breathing	20s	Triceps dips	10
	Hammer curl to shoulder press	10	Squat with weight	10
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Tricep kickback	10	Bicep curl in lunge hold	5/side
	Alternating side to front raise	10	Crab walk	8 forward/8 back
	Standing upright row with band	10	Bent arm lateral raise	10
	Lateral chest pull with band	10	Single arm row	8/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press and overhead tricep press	8	Squat with 4 pulses	10
	Lateral lunge	5/side	Reverse lunge with hammer curl	5/side
	Deadlift	10	Seated hip adduction with ball	10
	Static lunge	5/side	Standing hip abduction with band	10

Week 35				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps

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	Squat and press	10	Reverse lunge with hammer c	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
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Seated lat pull down with band	10	Bicep curl in lunge hold	5/side
	Chest press with band	10	Lateral raise	10
	Hammer curl to shoulder press	10	Standing upright row with bar	10
	Tricep kickback	10	Squat and press	10
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Lateral lunge with weight	5/side	Squat with 2 pulses	8
	Squat and press	10	Static lunge	8/side
	Deadlift	10	Donkey kick with band	5/side
	Monster walk with band	4 forward/4	Clam shell with band	5/side

Week 36				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and back row with band	10	Deadlift	10
	Clam shell with band	5/side	Core breathing	20s
	Alternating lunge with hammer c	10	Squat and press	10
	Lateral lunge with front raise	5/side	Triceps dips	10
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Bicep curl in lunge hold	5/side	Hammer curl to shoulder press	10
	Alternating standing front raise	10	Tricep kickback	10
	Lateral chest pull with band	10	Standing upright row with bar	10
	Crab walk	8 forward/8	Bent arm lateral raise	10
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	10	Squat and press	10
	Deadlift	10	Donkey kick with band	5/side
	Lateral lunge with weight	5/side	Static lunge with hammer curl	5/side
	Standing hip abduction with ban	10	Seated hip adduction with bal	10

Week 37				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Lateral squat walk with band	4 right/4 left	Static lunge with bicep curl	5/side
	Curtsy lunge with unilateral curl	6/side	Core breathing	20s
	Core breathing	20s	Triceps dips	10

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	Hammer curl to shoulder press	10	Squat with weight	10
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Tricep kickback	10	Bicep curl in lunge hold	5/side
	Alternating side to front raise	10	Crab walk	8 forward/8 back
	Standing upright row with band	10	Bent arm lateral raise	10
	Lateral chest pull with band	10	Single arm row	8/side
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press and overhead tr	8	Squat with 4 pulses	10
	Lateral lunge	5/side	Reverse lunge with hammer c	5/side
	Deadlift	10	Seated hip adduction with bal	10
	Static lunge	5/side	Standing hip abduction with b	10

Week 38				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and press	10	Reverse lunge with hammer c	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
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Seated lat pull down with band	10	Bicep curl in lunge hold	5/side
	Chest press with band	10	Lateral raise	10
	Hammer curl to shoulder press	10	Standing upright row with bar	10
	Tricep kickback	10	Squat and press	10
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Lateral lunge with weight	5/side	Squat with 2 pulses	8
	Squat and press	10	Static lunge	8/side
	Deadlift	10	Donkey kick with band	5/side
	Monster walk with band	4 forward/4	Clam shell with band	5/side

Week 39				
Monday	Total Body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat and back row with band	10	Deadlift	10
	Clam shell with band	5/side	Core breathing	20s
	Alternating lunge with hammer c	10	Squat and press	10
	Lateral lunge with front raise	5/side	Triceps dips	10
Wednesday	Upper body			
	Circuit 1/3	Reps	Circuit 2/4	Reps

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	Bicep curl in lunge hold	5/side	Hammer curl to shoulder press	10
	Alternating standing front raise	10	Tricep kickback	10
	Lateral chest pull with band	10	Standing upright row with bar	10
	Crab walk	8 forward/8	Bent arm lateral raise	10
Friday	Lower body			
	Circuit 1/3	Reps	Circuit 2/4	Reps
	Squat with weight	10	Squat and press	10
	Deadlift	10	Donkey kick with band	5/side
	Lateral lunge with weight	5/side	Static lunge with hammer curl	5/side
	Standing hip abduction with band	10	Seated hip adduction with ball	10

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