

WEEKS 1 & 3

Monday		LESS	
Circuit 1st	Circuit 2nd		
Box Step 20 reps (10 per side)	Beetle Lunge 20 reps (10 per side)		
Repeat 10 reps	Jump Squat 10 reps		
Box Step 10 reps	Plank Squat & Glute Leg 20 reps (10 per side)		
2 Jumps 10 reps (5 per side)	Shrugging 10 reps		

Wednesday		ARMS & ABS	
Circuit 1st	Circuit 2nd		
Wristless Chin-up 10 reps (10 per side)	Strong Jump 10 reps		
Short Leg Squat 10 reps	Reverse Squat 20 reps (10 per side)		
Leg Drive Push-Up 10 reps	Incline Push-Up 10 reps		
Ab Slide 10 reps (10 per side)	Trunk Dip 10 reps		

Friday		FULL BODY	
Circuit 1st	Circuit 2nd		
2 Jumps 10 reps (5 per side)	Beetle Lunge 20 reps (10 per side)		
Strong Jump 10 reps	Repeat 10 reps		
Beetle Lunge 10 reps	Beetle Push-Up 10 reps		
Wristless Chin-up 10 reps (10 per side)	Shrugging 10 reps		

WEEKS 2 & 4

Monday		LESS	
Circuit 1st	Circuit 2nd		
Beetle Lunge 20 reps (10 per side)	High Squat 10 reps (10 per side)		
High Squat 10 reps	Squat 10 reps		
Overhead Squat & Press 10 reps	Beetle Jump 10 reps		
Step Up 20 reps (10 per side)	Lat Pull Down 10 reps (10 per side)		

Wednesday		ARMS & ABS	
Circuit 1st	Circuit 2nd		
Straight Leg Sit-Up 10 reps	Reversed Strong Jump 10 reps		
Push-Up 10 reps	Beetle Chin-up (10 per side) 20 reps (10 per side)		
Overhead Squat & Press 10 reps	Crunch 10 reps (10 per side)		
Plank 10 reps	Straight Leg Squat 10 reps		

Friday		FULL BODY	
Circuit 1st	Circuit 2nd		
Beetle Lunge 10 reps (5 per side)	Overhead Squat & Press 10 reps		
High Squat 10 reps	High Squat 10 reps (10 per side)		
Overhead Squat 10 reps (10 per side)	Strait Leg Sit-Up 10 reps		
Strait Leg Squat 10 reps	Beetle Jump 10 reps		

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M Walker



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