



COMPLETE 12 WEEK CORRECTION TRAINING
24 SESSIONS

Week 1 First Workout (Free Assessment)

Movement Prep	Dynamic Workout	Abdominal Workout	Stretch
1. Right knee up x10	1. Bodyweight Squat x10	1. Superman Sit Ups x10	1. Right Leg Hurdler Hamstring stretch
2. Left Knee up x10	2. Bodyweight Right Leg Reverse Lunge x10	2. Reverse Crunch x10	2. Left Leg Hurdler Hamstring stretch
3. Right Knee to elbow x10	3. Bodyweight Left Leg Reverse Lunge x10	3. Flutter Kick (10 Count)	3. Rt Leg Seated Quad Stretch
4. Left Knee to elbow x10	4. Bodyweight Squat x10	4. Tuck In and Out x10	4. Lt Leg Seated Quad Stretch
5. Right Leg Forward Kick x10	5. Push Press x10	5. Right Leg Reverse Crunch x10	5. Groin Butterfly Stretch
6. Left Leg forward kick x10	6. Right Leg Lift (fire hydrants) x10	6. Left Leg Reverse Crunch x10	6. RT Seated IT Band Stretch
7. Right Knee to Left Elbow x10	7. Left Leg Lift (fire hydrants) x10	7. Right Leg Tuck in and Out x10	7. LT Seated IT Band Stretch
8. Left Knee to Right elbow x10	8. Push Press x10	8. Left Leg Tuck in and out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. Right Leg Lateral Kick x10	9. Bodyweight Squat x10	9. Bicycle (10 Count)	9. Seated Wide Angle Lt hand to Rt Foot
10. Left Leg Lateral Kick x10	10. Bodyweight Right Leg Forward Lunge x10		10. Wide Angle Forward Bend Stretch
11. Right Leg Back Kick x10	11. Bodyweight Left Leg Forward Lunge x10		11. Seated RT Leg Cradle Stretch
12. Left Leg Back Kick x10	12. Push Press x10		12. Seated LT Leg Cradle Stretch

Week 1 Session #2

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. Right knee up x10	1. Single Dumbbell Right Side Deadlift Squat x10	13. Right Side, Supine grip, (Right foot back) Bent Over Row x10	1. Superman Sit Ups x10	1. Right Leg Hurdler Hamstring stretch
2. Left Knee up x10	2. Single Dumbbell Left Side Deadlift Squat x10	14. Left Side, Supine grip, (Left foot back) Bent Over Row x10	2. Reverse Crunch x10	2. Left Leg Hurdler Hamstring stretch
3. Right Knee to elbow x10	3. Single Dumbbell Right Side Deadlift Squat to Right Shoulder Press x10	15. Right Side (Right foot back) tricep Kickback x10	3. Flutter Kick (10 Count)	3. Rt Leg Seated Quad Stretch
4. Left Knee to elbow x10	4. Single Dumbbell Left Side Deadlift Squat to Left Shoulder Press x10	16. Left Side (Left foot back) tricep Kickback x10	4. Tuck In and Out x10	4. Lt Leg Seated Quad Stretch
5. Right Leg Forward Kick x10	5. Right Side Forward Lateral Raise x10	17. Goblet Hold...Overhead Chest Press x20	5. Right Leg Reverse Crunch x10	5. Groin Butterfly Stretch
6. Left Leg forward kick x10	6. Left Side Forward Lateral Raise x10	18. Right Side Bicep Curl x15	6. Left Leg Reverse Crunch x10	6. RT Seated IT Band Stretch
7. Right Knee to Left Elbow x10	7. Right Side...Side Lateral Raise x10	19. Left Side Bicep Curl x15	7. Right Leg Tuck in and Out x10	7. LT Seated IT Band Stretch
8. Left Knee to Right elbow x10	8. Left Side...Side Lateral Raise x10	20. Goblet Hold...Overhead Chest Press x20	8. Left Leg Tuck in and out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. Right Leg Lateral Kick x10	9. Right Side...Upright Row x10	21. Single dumbbell Right Side Deadlift x10	9. Bicycle (10 Count)	9. Seated Wide Angle Lt hand to Rt Foot
10. Left Leg Lateral Kick x10	10. Left Side...Upright Row x10	22. Single dumbbell Left Side Deadlift x10		10. Wide Angle Forward Bend Stretch
11. Right Leg Back Kick x10	11. Right Side, neutral grip, (Right foot back) Bent over row x10	23. Single dumbbell Right Side RDL x10		11. Seated RT Leg Cradle Stretch
12. Left Leg Back Kick x10	12. Left Side, neutral grip, (Left foot back) Bent over row x10	24. Single dumbbell Left Side RDL x10		12. Seated LT Leg Cradle Stretch

Week 2 Session #3

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. Right knee up x10	1. Single Dumbbell Right Side Deadlift Squat x10	13. Bodyweight Right Leg Curtsy Lunge x10	1. Superman Sit Ups x10	1. Right Leg Hurdler Hamstring stretch
2. Left Knee up x10	2. Single Dumbbell Left Side Deadlift Squat x10	14. Bodyweight Left Leg Curtsy Lunge x10	2. Reverse Crunch x10	2. Left Leg Hurdler Hamstring stretch
3. Right Knee to elbow x10	3. Single Dumbbell Right Side Deadlift Squat to Right Shoulder Press x10	15. Bodyweight Right Leg Lateral Lunge x10	3. Flutter Kick (10 Count)	3. Rt Leg Seated Quad Stretch
4. Left Knee to elbow x10	4. Single Dumbbell Left Side Deadlift Squat to Left Shoulder Press x10	16. Bodyweight Left Leg Lateral Lunge x10	4. Tuck In and Out x10	4. Lt Leg Seated Quad Stretch
5. Right Leg Forward Kick x10	5. Right Side Forward Lateral Raise x10	17. Goblet Hold...Deep Squat x10	5. Right Leg Reverse Crunch x10	5. Groin Butterfly Stretch
6. Left Leg forward kick x10	6. Left Side Forward Lateral Raise x10	18. Goblet Hold...Deep Squat x10	6. Left Leg Reverse Crunch x10	6. RT Seated IT Band Stretch
7. Right Knee to Left Elbow x10	7. Right Side...Side Lateral Raise x10	19. Bodyweight Heel to Toe Calf Raises x10	7. Right Leg Tuck in and Out x10	7. LT Seated IT Band Stretch
8. Left Knee to Right elbow x10	8. Left Side...Side Lateral Raise x10	20. Bodyweight Heel to Toe Calf Raises x10	8. Left Leg Tuck in and out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. Right Leg Lateral Kick x10	9. Right Side...Upright Row x10	21. Right Leg Lift (fire hydrants) x10	9. Bicycle (10 Count)	9. Seated Wide Angle Lt hand to Rt Foot
10. Left Leg Lateral Kick x10	10. Left Side...Upright Row x10	22. Left Leg Lift (fire hydrants) x10		10. Wide Angle Forward Bend Stretch
11. Right Leg Back Kick x10	11. Bodyweight Right Leg Reverse Lunge x10	23. Right Leg Donkey Kicks x10		11. Seated RT Leg Cradle Stretch
12. Left Leg Back Kick x10	12. Bodyweight Left Leg Reverse Lunge x10	24. Left Leg Donkey Kicks x10		12. Seated LT Leg Cradle Stretch

Week 2 Session #4

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. Right knee up x10	1. Single Dumbbell Right Side Deadlift x10	13. Right Side, neutral grip, (Right foot back) Bent over row x10	1. Superman Sit Ups x10	1. Right Leg Hurdler Hamstring stretch
2. Left Knee up x10	2. Single Dumbbell Left Side Deadlift x10	14. Left Side, neutral grip, (Left foot back) Bent over row x10	2. Reverse Crunch x10	2. Left Leg Hurdler Hamstring stretch
3. Right Knee to elbow x10	3. Single Dumbbell Right Side Deadlift x10	15. Right Side, Supine grip, (Right foot back) Bent Over Row x10	3. Flutter Kick (10 Count)	3. Rt Leg Seated Quad Stretch
4. Left Knee to elbow x10	4. Single Dumbbell Left Side Deadlift x10	16. Left Side, Supine grip, (Left foot back) Bent Over Row x10	4. Tuck In and Out x10	4. Lt Leg Seated Quad Stretch
5. Right Leg Forward Kick x10	5. Single Dumbbell Right Side Chest Fly	17. Right Side, Pronate grip, (Right foot back) Bent Over Row x10	5. Right Leg Reverse Crunch x10	5. Groin Butterfly Stretch
6. Left Leg forward kick x10	6. Single Dumbbell Left Side Chest Fly x10	18. Left Side, Pronate grip, (Left foot back) Bent Over Row x10	6. Left Leg Reverse Crunch x10	6. RT Seated IT Band Stretch
7. Right Knee to Left Elbow x10	7. Single Dumbbell Right Side Chest FlyL x10	19. Right Side Bicep Curl x10	7. Right Leg Tuck in and Out x10	7. LT Seated IT Band Stretch
8. Left Knee to Right elbow x10	8. Single Dumbbell Left Side Chest Fly x10	20. Left Side Bicep Curl x10	8. Left Leg Tuck in and out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. Right Leg Lateral Kick x10	9. Goblet Hold...Overhead Chest Press (10 Count)	21. Right Side Hammer Curl x10	9. Bicycle (10 Count)	9. Seated Wide Angle Lt hand to Rt Foot
10. Left Leg Lateral Kick x10	10. Goblet Hold...Overhead Chest Press (10 Count)	22. Left Side Hammer Curl x10		10. Wide Angle Forward Bend Stretch
11. Right Leg Back Kick x10	11. Push Press x10	23. Right Side Pinwheel Bicep Curl x10		11. Seated RT Leg Cradle Stretch
12. Left Leg Back Kick x10	12. Push Press x10	24. Left Side Pinwheel Bicep Curl x10		12. Seated LT Leg Cradle Stretch

Week 3 Session #5

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. Right knee up x15	1. Single Dumbbell Right Side Deadlift Squat to Right Shoulder Press x10	13. Single Dumbbell Right Leg Curtsy Lunge x10	1. Superman Sit Ups x10	1. Right Leg Hurdler Hamstring stretch
2. Left Knee up x15	2. Single Dumbbell Left Side Deadlift Squat to Left Shoulder Press x10	14. Single Dumbbell Left Leg Curtsy Lunge x10	2. Reverse Crunch x10	2. Left Leg Hurdler Hamstring stretch
3. Right Knee to elbow x15	3. Single Dumbbell Right Side Deadlift Squat to Right Shoulder Press x10	15. Single Dumbbell Right Leg Lateral Lunge x10	3. Flutter Kick (10 Count)	3. Rt Leg Seated Quad Stretch
4. Left Knee to elbow x15	4. Single Dumbbell Left Side Deadlift Squat to Left Shoulder Press x10	16. Single Dumbbell Left Leg Lateral Lunge x10	4. Tuck In and Out x10	4. Lt Leg Seated Quad Stretch
5. Right Leg Forward Kick x15	5. Right Side Forward Lateral Raise x10	17. Goblet Hold...Deep Squat x10	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. Left Leg forward kick x15	6. Left Side Forward Lateral Raise x10	18. Goblet Hold...Deep Squat x10	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. Right Knee to Left Elbow x15	7. Right Side...Side Lateral Raise x10	19. Goblet Hold Heel to Toe Calf Raises x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. Left Knee to Right elbow x15	8. Left Side...Side Lateral Raise x10	20. Goblet Hold Heel to Toe Calf Raises x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. Right Leg Lateral Kick x15	9. Right Side...Upright Row x10	21. Right Leg Lift (fire hydrants) x10	9. Bicycle (10 Count)	9. Seated Wide Angle Lt hand to Rt Foot
10. Left Leg Lateral Kick x15	10. Left Side...Upright Row x10	22. Left Leg Lift (fire hydrants) x10	10. Russian Twists (10 Count)	10. Wide Angle Forward Bend Stretch
11. Right Leg Back Kick x15	11. Single Dumbbell Right Leg Reverse Lunge x10	23. Right Leg Donkey Kicks x10		11. Seated RT Leg Cradle Stretch
12. Left Leg Back Kick x15	12. Single Dumbbell Left Leg Reverse Lunge x10	24. Left Leg Donkey Kicks x10		12. Seated LT Leg Cradle Stretch

Week 3 Session #6

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. Right knee up x15	1. Single Dumbbell Right Side Deadlift x10	13. Right Side, neutral grip, (Right foot back) Bent over row x10	1. Superman Sit Ups x10	1. Right Leg Hurdler Hamstring stretch
2. Left Knee up x15	2. Single Dumbbell Left Side Deadlift x10	14. Left Side, neutral grip, (Left foot back) Bent over row x10	2. Reverse Crunch x10	2. Left Leg Hurdler Hamstring stretch
3. Right Knee to elbow x15	3. Single Dumbbell Right Side Deadlift x10	15. Right Side, Supine grip, (Right foot back) Bent Over Row x10	3. Flutter Kick (10 Count)	3. Rt Leg Seated Quad Stretch
4. Left Knee to elbow x15	4. Single Dumbbell Left Side Deadlift x10	16. Left Side, Supine grip, (Left foot back) Bent Over Row x10	4. Tuck In and Out x10	4. Lt Leg Seated Quad Stretch
5. Right Leg Forward Kick x15	5. Single Dumbbell Right Side Chest Fly	17. Right Side, Pronate grip, (Right foot back) Bent Over Row x10	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. Left Leg forward kick x15	6. Single Dumbbell Left Side Chest Fly x10	18. Left Side, Pronate grip, (Left foot back) Bent Over Row x10	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. Right Knee to Left Elbow x15	7. Single Dumbbell Right Side Chest FlyL x10	19. Right Side Bicep Curl x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. Left Knee to Right elbow x15	8. Single Dumbbell Left Side Chest Fly x10	20. Left Side Bicep Curl x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. Right Leg Lateral Kick x15	9. Goblet Hold...Overhead Chest Press (10 Count)	21. Right Side Hammer Curl x10	9. Bicycle (10 Count)	9. Seated Wide Angle Lt hand to Rt Foot
10. Left Leg Lateral Kick x15	10. Goblet Hold...Overhead Chest Press (10 Count)	22. Left Side Hammer Curl x10	10. Russian Twists (10 Count)	10. Wide Angle Forward Bend Stretch
11. Right Leg Back Kick x15	11. Push Press x10	23. Right Side Pinwheel Bicep Curl x10		11. Seated RT Leg Cradle Stretch
12. Left Leg Back Kick x15	12. Push Press x10	24. Left Side Pinwheel Bicep Curl x10		12. Seated LT Leg Cradle Stretch

Week 4 Session #7

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. Right knee up x20	1. Single Dumbbell Right Side Deadlift Squat to Right Shoulder Press x10	13. Single Dumbbell Right Leg Curtsy Lunge x10	1. Superman Sit Ups x10	1. Right Leg Hurdler Hamstring stretch
2. Left Knee up x20	2. Single Dumbbell Left Side Deadlift Squat to Left Shoulder Press x10	14. Single Dumbbell Left Leg Curtsy Lunge x10	2. Reverse Crunch x10	2. Left Leg Hurdler Hamstring stretch
3. Right Knee to elbow x20	3. Single Dumbbell Right Side Deadlift Squat to Right Shoulder Press x10	15. Single Dumbbell Right Leg Lateral Lunge x10	3. Flutter Kick (10 Count)	3. Rt Leg Seated Quad Stretch
4. Left Knee to elbow x20	4. Single Dumbbell Left Side Deadlift Squat to Left Shoulder Press x10	16. Single Dumbbell Left Leg Lateral Lunge x10	4. Tuck In and Out x10	4. Lt Leg Seated Quad Stretch
5. Right Leg Forward Kick x20	5. Right Side Forward Lateral Raise x10	17. Goblet Hold...Deep Squat x10	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. Left Leg forward kick x20	6. Left Side Forward Lateral Raise x10	18. Goblet Hold...Deep Squat x10	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. Right Knee to Left Elbow x20	7. Right Side...Side Lateral Raise x10	19. Goblet Hold Heel to Toe Calf Raises x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. Left Knee to Right elbow x20	8. Left Side...Side Lateral Raise x10	20. Goblet Hold Heel to Toe Calf Raises x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. Right Leg Lateral Kick x20	9. Right Side...Upright Row x10	21. Right Leg Lift (fire hydrants) x10	9. Superman Sit Ups x10	9. Seated Wide Angle Lt hand to Rt Foot
10. Left Leg Lateral Kick x20	10. Left Side...Upright Row x10	22. Left Leg Lift (fire hydrants) x10	10. Reverse Crunch x10	10. Wide Angle Forward Bend Stretch
11. Right Leg Back Kick x20	11. Single Dumbbell Right Leg Reverse Lunge x10	23. Right Leg Donkey Kicks x10	11. Flutter Kick (10 Count)	11. Seated RT Leg Cradle Stretch
12. Left Leg Back Kick x20	12. Single Dumbbell Left Leg Reverse Lunge x10	24. Left Leg Donkey Kicks x10	12. Tuck In and Out x10	12. Seated LT Leg Cradle Stretch

Week 4 Session #8

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. Right knee up x20	1. Single Dumbbell Right Side Deadlift x10	13. Right Side, neutral grip, (Right foot back) Bent over row x10	1. Superman Sit Ups x10	1. Right Leg Hurdler Hamstring stretch
2. Left Knee up x20	2. Single Dumbbell Left Side Deadlift x10	14. Left Side, neutral grip, (Left foot back) Bent over row x10	2. Reverse Crunch x10	2. Left Leg Hurdler Hamstring stretch
3. Right Knee to elbow x20	3. Single Dumbbell Right Side Deadlift x10	15. Right Side, Supine grip, (Right foot back) Bent Over Row x10	3. Flutter Kick (10 Count)	3. Rt Leg Seated Quad Stretch
4. Left Knee to elbow x20	4. Single Dumbbell Left Side Deadlift x10	16. Left Side, Supine grip, (Left foot back) Bent Over Row x10	4. Tuck In and Out x10	4. Lt Leg Seated Quad Stretch
5. Right Leg Forward Kick x20	5. Single Dumbbell Right Side Chest Fly	17. Right Side, Pronate grip, (Right foot back) Bent Over Row x10	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. Left Leg forward kick x20	6. Single Dumbbell Left Side Chest Fly x10	18. Left Side, Pronate grip, (Left foot back) Bent Over Row x10	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. Right Knee to Left Elbow x20	7. Single Dumbbell Right Side Chest FlyL x10	19. Right Side Bicep Curl x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. Left Knee to Right elbow x20	8. Single Dumbbell Left Side Chest Fly x10	20. Left Side Bicep Curl x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. Right Leg Lateral Kick x20	9. Goblet Hold...Overhead Chest Press (10 Count)	21. Right Side Hammer Curl x10	9. Superman Sit Ups x10	9. Seated Wide Angle Lt hand to Rt Foot
10. Left Leg Lateral Kick x20	10. Goblet Hold...Overhead Chest Press (10 Count)	22. Left Side Hammer Curl x10	10. Reverse Crunch x10	10. Wide Angle Forward Bend Stretch
11. Right Leg Back Kick x20	11. Push Press x10	23. Right Side Pinwheel Bicep Curl x10	11. Flutter Kick (10 Count)	11. Seated RT Leg Cradle Stretch
12. Left Leg Back Kick x20	12. Push Press x10	24. Left Side Pinwheel Bicep Curl x10	12. Tuck In and Out x10	12. Seated LT Leg Cradle Stretch

Week 5 Session #9

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. Goblet Hold Right knee up x20	1. 2 Dumbbell Deadlift Squat x10	13. 2 Dumbbell Neutral Grip Shoulder Press x10	1. Seated Flutter Kicks (10 Count)	1. Right Leg Hurdler Hamstring stretch
2. Goblet Hold Left Knee up x20	2. 2 Dumbbell Deadlift Squat x10	14. 2 Dumbbell Neutral Grip Shoulder Press x10	2. Seated Frog Kicks (10 Count)	2. Left Leg Hurdler Hamstring stretch
3. Goblet Hold Right Knee to elbow x20	3. 2 Dumbbell Right Leg Reverse Lunge x10	15. 2 Dumbbell Forward Lateral Raise x10	3. Seated Reverse Crunch (10 Count)	3. Rt Leg Seated Quad Stretch
4. Goblet Hold Left Knee to elbow x20	4. 2 Dumbbell Left Leg Reverse Lunge x10	16.2 Dumbbell Forward Lateral Raise x10	4. Seated Bicycle Kicks (10 Count)	4. Lt Leg Seated Quad Stretch
5. Goblet Hold Right Leg Forward Kick x20	5. 2 Dumbbell Right Leg Reverse Lunge x10	17. 2 Dumbbell Side Lateral Raise x10	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. Goblet Hold Left Leg forward kick x20	6. 2 Dumbbell Left Leg Reverse Lunge x10	18. 2 Dumbbell Side Lateral Raise x10	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. Goblet Hold Right Knee to Left Elbow x20	7. 2 Dumbbell Right Leg Forward Lunge x10	19. 2 Dumbbell Upright Row x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. Goblet Hold Left Knee to Right elbow x20	8. 2 Dumbbell Left Leg Forward Lunge x10	20. 2 Dumbbell Upright Row x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. Goblet Hold Right Leg Lateral Kick x20	9. 2 Dumbbell Right Leg Forward Lunge x10	21. Weighted Right Leg Lift (fire hydrants) x10	9. Right Side Plank (10 count)	9. Seated Wide Angle Lt hand to Rt Foot
10. Goblet Hold Left Leg Lateral Kick x20	10.2 Dumbbell Left Leg Forward Lunge x10	22. Weighted Left Leg Lift (fire hydrants) x10	10. Left Side Plank (10 Count)	10. Wide Angle Forward Bend Stretch
11. Right Side one Dumbbell Right Leg Back Kick x20	11. 2 Dumbbell Heel to Toe Calf Raises x10	23. Weighted Right Leg Donkey Kicks x10	11. Right Side Plank (10 count)	11. Seated RT Leg Cradle Stretch
12. Left Side one Dumbbell Left Leg Back Kick x20	12. 2 Dumbbell Heel to Toe Calf Raises x10	24. Weighted Left Leg Donkey Kicks x10	12. Left Side Plank (10 Count)	12. Seated LT Leg Cradle Stretch

Week 5 Session #10

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. Goblet Hold Right knee up x20	1. 2 Dumbbell RDL x10	13. 2 Dumbbell Chest Fly x10	1. Seated Flutter Kicks (10 Count)	1. Right Leg Hurdler Hamstring stretch
2. Goblet Hold Left Knee up x20	2. 2 Dumbbell RDL x10	14. 2 Dumbbell Chest Fly x10	2. Seated Frog Kicks (10 Count)	2. Left Leg Hurdler Hamstring stretch
3. Goblet Hold Right Knee to elbow x20	3. 2 Dumbbell Bent Over Row Neutral Grip x10	15. 2 Dumbbell Close grip under chin Overhead Press x10	3. Seated Reverse Crunch (10 Count)	3. Rt Leg Seated Quad Stretch
4. Goblet Hold Left Knee to elbow x20	4. 2 Dumbbell Bent Over Row Neutral Grip x10	16. 2 Dumbbell Close grip under chin Overhead Press x10	4. Seated Bicycle Kicks (10 Count)	4. Lt Leg Seated Quad Stretch
5. Goblet Hold Right Leg Forward Kick x20	5. 2 Dumbbell Bent Over Row Supine Grip x10	17. Right Side 1 Dumbbell Pinwheel Chest Fly x15	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. Goblet Hold Left Leg forward kick x20	6. 2 Dumbbell Bent Over Row Supine Grip x10	18. Left Side 1 Dumbbell Pinwheel Chest Fly x15	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. Goblet Hold Right Knee to Left Elbow x20	7. 2 Dumbbell Bent Over Row Pronated Grip x10	19. Push Press x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. Goblet Hold Left Knee to Right elbow x20	8. 2 Dumbbell Bent Over Row Pronated Grip x10	20. Push Press x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. Goblet Hold Right Leg Lateral Kick x20	9. 2 Dumbbell Bent Over Fly Grip x10	21. 2 Dumbbell Tricep Extension x10	9. Right Side Plank (10 count)	9. Seated Wide Angle Lt hand to Rt Foot
10. Goblet Hold Left Leg Lateral Kick x20	10. 2 Dumbbell Bent Over Fly Grip x10	22. 2 Dumbbell Tricep Extension x10	10. Left Side Plank (10 Count)	10. Wide Angle Forward Bend Stretch
11. Right Side one Dumbbell Right Leg Back Kick x20	11. 2 Dumbbell Bicep Curl x10	23. 2 Dumbbell Tricep Kickback x10	11. Right Side Plank (10 count)	11. Seated RT Leg Cradle Stretch
12. Left Side one Dumbbell Left Leg Back Kick x20	12. 2 Dumbbell Bicep Curl x10	24. 2 Dumbbell Tricep Kickback x10	12. Left Side Plank (10 Count)	12. Seated LT Leg Cradle Stretch

Week 6 Session #11

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. Goblet Hold Right knee up x20	1. 2 Dumbbell Deadlift Squat x10	13. 2 Dumbbell Neutral Grip Shoulder Press x10	1. Seated Flutter Kicks (10 Count)	1. Right Leg Hurdler Hamstring stretch
2. Goblet Hold Left Knee up x20	2. 2 Dumbbell Deadlift Squat x10	14. 2 Dumbbell Neutral Grip Shoulder Press x10	2. Seated Frog Kicks (10 Count)	2. Left Leg Hurdler Hamstring stretch
3. Goblet Hold Right Knee to elbow x20	3. 2 Dumbbell Right Leg Reverse Lunge x10	15. 2 Dumbbell Forward Lateral Raise x10	3. Seated Reverse Crunch (10 Count)	3. Rt Leg Seated Quad Stretch
4. Goblet Hold Left Knee to elbow x20	4. 2 Dumbbell Left Leg Reverse Lunge x10	16.2 Dumbbell Forward Lateral Raise x10	4. Seated Bicycle Kicks (10 Count)	4. Lt Leg Seated Quad Stretch
5. Goblet Hold Right Leg Forward Kick x20	5. 2 Dumbbell Right Leg Reverse Lunge x10	17. 2 Dumbbell Side Lateral Raise x10	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. Goblet Hold Left Leg forward kick x20	6. 2 Dumbbell Left Leg Reverse Lunge x10	18. 2 Dumbbell Side Lateral Raise x10	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. Goblet Hold Right Knee to Left Elbow x20	7. 2 Dumbbell Right Leg Forward Lunge x10	19. 2 Dumbbell Upright Row x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. Goblet Hold Left Knee to Right elbow x20	8. 2 Dumbbell Left Leg Forward Lunge x10	20. 2 Dumbbell Upright Row x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. Goblet Hold Right Leg Lateral Kick x20	9. 2 Dumbbell Right Leg Forward Lunge x10	21. Weighted Right Leg Lift (fire hydrants) x10	9. Right Side Plank (10 count)	9. Seated Wide Angle Lt hand to Rt Foot
10. Goblet Hold Left Leg Lateral Kick x20	10.2 Dumbbell Left Leg Forward Lunge x10	22. Weighted Left Leg Lift (fire hydrants) x10	10. Left Side Plank (10 Count)	10. Wide Angle Forward Bend Stretch
11. Right Side one Dumbbell Right Leg Back Kick x20	11. 2 Dumbbell Heel to Toe Calf Raises x10	23. Weighted Right Leg Donkey Kicks x10	11. Right Side Plank (10 count)	11. Seated RT Leg Cradle Stretch
12. Left Side one Dumbbell Left Leg Back Kick x20	12. 2 Dumbbell Heel to Toe Calf Raises x10	24. Weighted Left Leg Donkey Kicks x10	12. Left Side Plank (10 Count)	12. Seated LT Leg Cradle Stretch

Week 6 Session #12

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. Goblet Hold Right knee up x20	1. 2 Dumbbell RDL x10	13. 2 Dumbbell Chest Fly x10	1. Seated Flutter Kicks (10 Count)	1. Right Leg Hurdler Hamstring stretch
2. Goblet Hold Left Knee up x20	2. 2 Dumbbell RDL x10	14. 2 Dumbbell Chest Fly x10	2. Seated Frog Kicks (10 Count)	2. Left Leg Hurdler Hamstring stretch
3. Goblet Hold Right Knee to elbow x20	3. 2 Dumbbell Bent Over Row Neutral Grip x10	15. 2 Dumbbell Close grip under chin Overhead Press x10	3. Seated Reverse Crunch (10 Count)	3. Rt Leg Seated Quad Stretch
4. Goblet Hold Left Knee to elbow x20	4. 2 Dumbbell Bent Over Row Neutral Grip x10	16. 2 Dumbbell Close grip under chin Overhead Press x10	4. Seated Bicycle Kicks (10 Count)	4. Lt Leg Seated Quad Stretch
5. Goblet Hold Right Leg Forward Kick x20	5. 2 Dumbbell Bent Over Row Supine Grip x10	17. Right Side 1 Dumbbell Pinwheel Chest Fly x15	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. Goblet Hold Left Leg forward kick x20	6. 2 Dumbbell Bent Over Row Supine Grip x10	18. Left Side 1 Dumbbell Pinwheel Chest Fly x15	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. Goblet Hold Right Knee to Left Elbow x20	7. 2 Dumbbell Bent Over Row Pronated Grip x10	19. Push Press x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. Goblet Hold Left Knee to Right elbow x20	8. 2 Dumbbell Bent Over Row Pronated Grip x10	20. Push Press x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. Goblet Hold Right Leg Lateral Kick x20	9. 2 Dumbbell Bent Over Fly Grip x10	21. 2 Dumbbell Tricep Extension x10	9. Right Side Plank (10 count)	9. Seated Wide Angle Lt hand to Rt Foot
10. Goblet Hold Left Leg Lateral Kick x20	10. 2 Dumbbell Bent Over Fly Grip x10	22. 2 Dumbbell Tricep Extension x10	10. Left Side Plank (10 Count)	10. Wide Angle Forward Bend Stretch
11. Right Side one Dumbbell Right Leg Back Kick x20	11. 2 Dumbbell Bicep Curl x10	23. 2 Dumbbell Tricep Kickback x10	11. Right Side Plank (10 count)	11. Seated RT Leg Cradle Stretch
12. Left Side one Dumbbell Left Leg Back Kick x20	12. 2 Dumbbell Bicep Curl x10	24. 2 Dumbbell Tricep Kickback x10	12. Left Side Plank (10 Count)	12. Seated LT Leg Cradle Stretch

Week 7 Session #13

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. Goblet Hold Right knee up x20	1. Right Side 1 Dumbbell Deadlift Squat to Shoulder Press x10	13. 2 Dumbbell Side Lateral Raise x10	1. Seated Flutter Kicks (10 Count)	1. Right Leg Hurdler Hamstring stretch
2. Goblet Hold Left Knee up x20	2. Left Side 1 Dumbbell Deadlift Squat to Shoulder Press x10	14. 2 Dumbbell Side Lateral Raise x10	2. Seated Frog Kicks (10 Count)	2. Left Leg Hurdler Hamstring stretch
3. Goblet Hold Right Knee to elbow x20	3. Right Side 1 Dumbbell Deadlift Squat to Shoulder Press x10	15. 2 Dumbbell Right Leg Reverse Lunge x10	3. Seated Reverse Crunch (10 Count)	3. Rt Leg Seated Quad Stretch
4. Goblet Hold Left Knee to elbow x20	4. Left Side 1 Dumbbell Deadlift Squat to Shoulder Press x10	16. 2 Dumbbell Left Leg Reverse Lunge x10	4. Seated Bicycle Kicks (10 Count)	4. Lt Leg Seated Quad Stretch
5. Goblet Hold Right Leg Forward Kick x20	5. Right Side 1 Dumbbell Deadlift Squat to Forward Lateral Raise x10	17. 2 Dumbbell Right Leg Forward Lunge x10	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. Goblet Hold Left Leg forward kick x20	6. Left Side 1 Dumbbell Deadlift Squat to Forward Lateral Raise x10	18. 2 Dumbbell Left Leg Forward Lunge x10	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. Goblet Hold Right Knee to Left Elbow x20	7. Right Side 1 Dumbbell Deadlift Squat to Forward Lateral Raise x10	19. 1 Dumbbell Right Leg Curtsy Lunge x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. Goblet Hold Left Knee to Right elbow x20	8. Left Side 1 Dumbbell Deadlift Squat to Forward Lateral Raise x10	20. 1 Dumbbell Left Leg Curtsy Lunge x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. Goblet Hold Right Leg Lateral Kick x20	9. Right Side 1 Dumbbell Deadlift Squat to Upright Row Raise x10	21. 1 Dumbbell Right Leg Lateral Lunge x10	9. Right Side Plank (10 count)	9. Seated Wide Angle Lt hand to Rt Foot
10. Goblet Hold Left Leg Lateral Kick x20	10. Left Side 1 Dumbbell Deadlift Squat to Upright Row Raise x10	22. 1 Dumbbell Left Leg Lateral Lunge x10	10. Left Side Plank (10 Count)	10. Wide Angle Forward Bend Stretch
11. Right Side one Dumbbell Right Leg Back Kick x20	11. Right Side 1 Dumbbell Deadlift Squat to Upright Row Raise x10	23. Weighted Right Leg Lift (fire hydrants) x10	11. Right Side Plank (10 count)	11. Seated RT Leg Cradle Stretch
12. Left Side one Dumbbell Left Leg Back Kick x20	12. Left Side 1 Dumbbell Deadlift Squat to Upright Row Raise x10	24. Weighted Left Leg Lift (fire hydrants) x10	12. Left Side Plank (10 Count)	12. Seated LT Leg Cradle Stretch

Week 7 Session #14

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. Goblet Hold Right knee up x20	1. 2 Dumbbell RDL x10	13. 2 Dumbbell Chest Fly x10	1. Seated Flutter Kicks (10 Count)	1. Right Leg Hurdler Hamstring stretch
2. Goblet Hold Left Knee up x20	2. 2 Dumbbell RDL x10	14. 2 Dumbbell Chest Fly x10	2. Seated Frog Kicks (10 Count)	2. Left Leg Hurdler Hamstring stretch
3. Goblet Hold Right Knee to elbow x20	3. Wide Stance 2 Dumbbell Bent Over Row Neutral Grip x10	15. 2 Dumbbell Close grip under chin Overhead Press x10	3. Seated Reverse Crunch (10 Count)	3. Rt Leg Seated Quad Stretch
4. Goblet Hold Left Knee to elbow x20	4. Narrow Stance 2 Dumbbell Bent Over Row Neutral Grip x10	16. 2 Dumbbell Close grip under chin Overhead Press x10	4. Seated Bicycle Kicks (10 Count)	4. Lt Leg Seated Quad Stretch
5. Goblet Hold Right Leg Forward Kick x20	5. Wide Stance 2 Dumbbell Bent Over Row Supine Grip x10	17. Right Side 1 Dumbbell Pinwheel Chest Fly x15	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. Goblet Hold Left Leg forward kick x20	6. Narrow Stance 2 Dumbbell Bent Over Row Supine Grip x10	18. Left Side 1 Dumbbell Pinwheel Chest Fly x15	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. Goblet Hold Right Knee to Left Elbow x20	7. Wide Stance 2 Dumbbell Bent Over Row Pronated Grip x10	19. Push Press x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. Goblet Hold Left Knee to Right elbow x20	8. Narrow Stance 2 Dumbbell Bent Over Row Pronated Grip x10	20. Push Press x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. Goblet Hold Right Leg Lateral Kick x20	9. 2 Dumbbell Reverse Curl x10	21. 2 Dumbbell Tricep Extension x10	9. Right Side Plank (10 count)	9. Seated Wide Angle Lt hand to Rt Foot
10. Goblet Hold Left Leg Lateral Kick x20	10. 2 Dumbbell Reverse Curl x10	22. 2 Dumbbell Tricep Extension x10	10. Left Side Plank (10 Count)	10. Wide Angle Forward Bend Stretch
11. Right Side one Dumbbell Right Leg Back Kick x20	11. 2 Dumbbell Hammer Curl x10	23. 2 Dumbbell Tricep Kickback x10	11. Right Side Plank (10 count)	11. Seated RT Leg Cradle Stretch
12. Left Side one Dumbbell Left Leg Back Kick x20	12. 2 Dumbbell Hammer Curl x10	24. 2 Dumbbell Tricep Kickback x10	12. Left Side Plank (10 Count)	12. Seated LT Leg Cradle Stretch

Week 8 Session #15

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. Goblet Hold Right knee up x20	1. Right Side 1 Dumbbell Deadlift Squat to Shoulder Press x10	13. 2 Dumbbell Side Lateral Raise x10	1. Seated Flutter Kicks (10 Count)	1. Right Leg Hurdler Hamstring stretch
2. Goblet Hold Left Knee up x20	2. Left Side 1 Dumbbell Deadlift Squat to Shoulder Press x10	14. 2 Dumbbell Side Lateral Raise x10	2. Seated Frog Kicks (10 Count)	2. Left Leg Hurdler Hamstring stretch
3. Goblet Hold Right Knee to elbow x20	3. Right Side 1 Dumbbell Deadlift Squat to Shoulder Press x10	15. 2 Dumbbell Right Leg Reverse Lunge x10	3. Seated Reverse Crunch (10 Count)	3. Rt Leg Seated Quad Stretch
4. Goblet Hold Left Knee to elbow x20	4. Left Side 1 Dumbbell Deadlift Squat to Shoulder Press x10	16. 2 Dumbbell Left Leg Reverse Lunge x10	4. Seated Bicycle Kicks (10 Count)	4. Lt Leg Seated Quad Stretch
5. Goblet Hold Right Leg Forward Kick x20	5. Right Side 1 Dumbbell Deadlift Squat to Forward Lateral Raise x10	17. 2 Dumbbell Right Leg Forward Lunge x10	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. Goblet Hold Left Leg forward kick x20	6. Left Side 1 Dumbbell Deadlift Squat to Forward Lateral Raise x10	18. 2 Dumbbell Left Leg Forward Lunge x10	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. Goblet Hold Right Knee to Left Elbow x20	7. Right Side 1 Dumbbell Deadlift Squat to Forward Lateral Raise x10	19. 1 Dumbbell Right Leg Curtsy Lunge x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. Goblet Hold Left Knee to Right elbow x20	8. Left Side 1 Dumbbell Deadlift Squat to Forward Lateral Raise x10	20. 1 Dumbbell Left Leg Curtsy Lunge x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. Goblet Hold Right Leg Lateral Kick x20	9. Right Side 1 Dumbbell Deadlift Squat to Upright Row Raise x10	21. 1 Dumbbell Right Leg Lateral Lunge x10	9. Right Side Plank (10 count)	9. Seated Wide Angle Lt hand to Rt Foot
10. Goblet Hold Left Leg Lateral Kick x20	10. Left Side 1 Dumbbell Deadlift Squat to Upright Row Raise x10	22. 1 Dumbbell Left Leg Lateral Lunge x10	10. Left Side Plank (10 Count)	10. Wide Angle Forward Bend Stretch
11. Right Side one Dumbbell Right Leg Back Kick x20	11. Right Side 1 Dumbbell Deadlift Squat to Upright Row Raise x10	23. Weighted Right Leg Lift (fire hydrants) x10	11. Right Side Plank (10 count)	11. Seated RT Leg Cradle Stretch
12. Left Side one Dumbbell Left Leg Back Kick x20	12. Left Side 1 Dumbbell Deadlift Squat to Upright Row Raise x10	24. Weighted Left Leg Lift (fire hydrants) x10	12. Left Side Plank (10 Count)	12. Seated LT Leg Cradle Stretch

Week 8 Session #16

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. Goblet Hold Right knee up x20	1. 2 Dumbbell RDL x10	13. 2 Dumbbell Chest Fly x10	1. Seated Flutter Kicks (10 Count)	1. Right Leg Hurdler Hamstring stretch
2. Goblet Hold Left Knee up x20	2. 2 Dumbbell RDL x10	14. 2 Dumbbell Chest Fly x10	2. Seated Frog Kicks (10 Count)	2. Left Leg Hurdler Hamstring stretch
3. Goblet Hold Right Knee to elbow x20	3. Wide Stance 2 Dumbbell Bent Over Row Neutral Grip x10	15. 2 Dumbbell Close grip under chin Overhead Press x10	3. Seated Reverse Crunch (10 Count)	3. Rt Leg Seated Quad Stretch
4. Goblet Hold Left Knee to elbow x20	4. Narrow Stance 2 Dumbbell Bent Over Row Neutral Grip x10	16. 2 Dumbbell Close grip under chin Overhead Press x10	4. Seated Bicycle Kicks (10 Count)	4. Lt Leg Seated Quad Stretch
5. Goblet Hold Right Leg Forward Kick x20	5. Wide Stance 2 Dumbbell Bent Over Row Supine Grip x10	17. Right Side 1 Dumbbell Pinwheel Chest Fly x15	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. Goblet Hold Left Leg forward kick x20	6. Narrow Stance 2 Dumbbell Bent Over Row Supine Grip x10	18. Left Side 1 Dumbbell Pinwheel Chest Fly x15	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. Goblet Hold Right Knee to Left Elbow x20	7. Wide Stance 2 Dumbbell Bent Over Row Pronated Grip x10	19. Push Press x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. Goblet Hold Left Knee to Right elbow x20	8. Narrow Stance 2 Dumbbell Bent Over Row Pronated Grip x10	20. Push Press x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. Goblet Hold Right Leg Lateral Kick x20	9. 2 Dumbbell Reverse Curl x10	21. 2 Dumbbell Tricep Extension x10	9. Right Side Plank (10 count)	9. Seated Wide Angle Lt hand to Rt Foot
10. Goblet Hold Left Leg Lateral Kick x20	10. 2 Dumbbell Reverse Curl x10	22. 2 Dumbbell Tricep Extension x10	10. Left Side Plank (10 Count)	10. Wide Angle Forward Bend Stretch
11. Right Side one Dumbbell Right Leg Back Kick x20	11. 2 Dumbbell Hammer Curl x10	23. 2 Dumbbell Tricep Kickback x10	11. Right Side Plank (10 count)	11. Seated RT Leg Cradle Stretch
12. Left Side one Dumbbell Left Leg Back Kick x20	12. 2 Dumbbell Hammer Curl x10	24. 2 Dumbbell Tricep Kickback x10	12. Left Side Plank (10 Count)	12. Seated LT Leg Cradle Stretch

Week 9 Session #17 (Holding the Weight between sets)

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. 2 Dumbbell Right knee up x20	1. 2 Dumbbell Deadlift Squat x10	13. 2 Dumbbell Neutral Grip Shoulder Press x10	1. Seated Flutter Kicks (10 Count)	1. Right Leg Hurdler Hamstring stretch
2. 2 Dumbbell Left Knee up x20	2. 2 Dumbbell Deadlift Squat x10	14. 2 Dumbbell Neutral Grip Shoulder Press x10	2. Seated Frog Kicks (10 Count)	2. Left Leg Hurdler Hamstring stretch
3. 2 Dumbbell Right Knee to elbow x20	3. 2 Dumbbell Right Leg Reverse Lunge x10	15. 2 Dumbbell Forward Lateral Raise x10	3. Seated Reverse Crunch (10 Count)	3. Rt Leg Seated Quad Stretch
4. 2 Dumbbell Left Knee to elbow x20	4. 2 Dumbbell Left Leg Reverse Lunge x10	16. 2 Dumbbell Forward Lateral Raise x10	4. Seated Bicycle Kicks (10 Count)	4. Lt Leg Seated Quad Stretch
5. 2 Dumbbell Right Leg Forward Kick x20	5. 2 Dumbbell Right Leg Reverse Lunge x10	17. 2 Dumbbell Side Lateral Raise x10	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. 2 Dumbbell Left Leg forward kick x20	6. 2 Dumbbell Left Leg Reverse Lunge x10	18. 2 Dumbbell Side Lateral Raise x10	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. 2 Dumbbell Right Knee to Left Elbow x20	7. 2 Dumbbell Right Leg Forward Lunge x10	19. 2 Dumbbell Upright Row x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. 2 Dumbbell Left Knee to Right elbow x20	8. 2 Dumbbell Left Leg Forward Lunge x10	20. 2 Dumbbell Upright Row x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. 2 Dumbbell Right Leg Lateral Kick x20	9. 2 Dumbbell Right Leg Forward Lunge x10	21. 2 Dumbbell Shoulder Shrug (10 Count)	9. Right Side Plank (10 count)	9. Seated Wide Angle Lt hand to Rt Foot
10. 2 Dumbbell Left Leg Lateral Kick x20	10. 2 Dumbbell Left Leg Forward Lunge x10	22. 2 Dumbbell Shoulder Shrug (10 Count)	10. Left Side Plank (10 Count)	10. Wide Angle Forward Bend Stretch
11. Right Side 2 Dumbbell Right Leg Back Kick x20	11. 2 Dumbbell Heel to Toe Calf Raises x10	23. 2 Dumbbell Pronated Grip Shoulder Press x10	11. Right Side Plank (10 count)	11. Seated RT Leg Cradle Stretch
12. Left Side 2 Dumbbell Left Leg Back Kick x20	12. 2 Dumbbell Heel to Toe Calf Raises x10	24. 2 Dumbbell Pronated Grip Shoulder Press x10	12. Left Side Plank (10 Count)	12. Seated LT Leg Cradle Stretch

Week 9 Session #18 (Holding the Weight between sets)

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. 2 Dumbbell Right knee up x20	1. 2 Dumbbell RDL x10	13. 2 Dumbbell Chest Fly x10	1. Seated Flutter Kicks (10 Count)	1. Right Leg Hurdler Hamstring stretch
2. 2 Dumbbell Left Knee up x20	2. 2 Dumbbell RDL x10	14. 2 Dumbbell Chest Fly x10	2. Seated Frog Kicks (10 Count)	2. Left Leg Hurdler Hamstring stretch
3. 2 Dumbbell Right Knee to elbow x20	3. 2 Dumbbell Bent Over Row Neutral Grip x10	15. 2 Dumbbell Close grip under chin Overhead Press x10	3. Seated Reverse Crunch (10 Count)	3. Rt Leg Seated Quad Stretch
4. 2 Dumbbell Left Knee to elbow x20	4. 2 Dumbbell Bent Over Row Neutral Grip x10	16. 2 Dumbbell Close grip under chin Overhead Press x10	4. Seated Bicycle Kicks (10 Count)	4. Lt Leg Seated Quad Stretch
5. 2 Dumbbell Right Leg Forward Kick x20	5. 2 Dumbbell Bent Over Row Supine Grip x10	17. Right Side 1 Dumbbell Pinwheel Chest Fly x15	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. 2 Dumbbell Left Leg forward kick x20	6. 2 Dumbbell Bent Over Row Supine Grip x10	18. Left Side 1 Dumbbell Pinwheel Chest Fly x15	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. 2 Dumbbell Right Knee to Left Elbow x20	7. 2 Dumbbell Bent Over Row Pronated Grip x10	19. Push Press x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. 2 Dumbbell Left Knee to Right elbow x20	8. 2 Dumbbell Bent Over Row Pronated Grip x10	20. Push Press x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. 2 Dumbbell Right Leg Lateral Kick x20	9. 2 Dumbbell Bent Over Fly Grip x10	21. 2 Dumbbell Tricep Extension x10	9. Right Side Plank (10 count)	9. Seated Wide Angle Lt hand to Rt Foot
10. 2 Dumbbell Left Leg Lateral Kick x20	10. 2 Dumbbell Bent Over Fly Grip x10	22. 2 Dumbbell Tricep Extension x10	10. Left Side Plank (10 Count)	10. Wide Angle Forward Bend Stretch
11. Right Side 2 Dumbbell Right Leg Back Kick x20	11. 2 Dumbbell Bicep Curl x10	23. 2 Dumbbell Tricep Kickback x10	11. Right Side Plank (10 count)	11. Seated RT Leg Cradle Stretch
12. Left Side 2 Dumbbell Left Leg Back Kick x20	12. 2 Dumbbell Bicep Curl x10	24. 2 Dumbbell Tricep Kickback x10	12. Left Side Plank (10 Count)	12. Seated LT Leg Cradle Stretch

Week 10 Session #19 (Holding the Weight between sets)

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. 2 Dumbbell Right knee up x20	1. 2 Dumbbell Deadlift Squat x10	13. 2 Dumbbell Neutral Grip Shoulder Press x10	1. Seated Flutter Kicks (10 Count)	1. Right Leg Hurdler Hamstring stretch
2. 2 Dumbbell Left Knee up x20	2. 2 Dumbbell Deadlift Squat x10	14. 2 Dumbbell Neutral Grip Shoulder Press x10	2. Seated Frog Kicks (10 Count)	2. Left Leg Hurdler Hamstring stretch
3. 2 Dumbbell Right Knee to elbow x20	3. 2 Dumbbell Right Leg Reverse Lunge x10	15. 2 Dumbbell Forward Lateral Raise x10	3. Seated Reverse Crunch (10 Count)	3. Rt Leg Seated Quad Stretch
4. 2 Dumbbell Left Knee to elbow x20	4. 2 Dumbbell Left Leg Reverse Lunge x10	16. 2 Dumbbell Forward Lateral Raise x10	4. Seated Bicycle Kicks (10 Count)	4. Lt Leg Seated Quad Stretch
5. 2 Dumbbell Right Leg Forward Kick x20	5. 2 Dumbbell Right Leg Reverse Lunge x10	17. 2 Dumbbell Side Lateral Raise x10	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. 2 Dumbbell Left Leg forward kick x20	6. 2 Dumbbell Left Leg Reverse Lunge x10	18. 2 Dumbbell Side Lateral Raise x10	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. 2 Dumbbell Right Knee to Left Elbow x20	7. 2 Dumbbell Right Leg Forward Lunge x10	19. 2 Dumbbell Upright Row x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. 2 Dumbbell Left Knee to Right elbow x20	8. 2 Dumbbell Left Leg Forward Lunge x10	20. 2 Dumbbell Upright Row x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. 2 Dumbbell Right Leg Lateral Kick x20	9. 2 Dumbbell Right Leg Forward Lunge x10	21. 2 Dumbbell Shoulder Shrug (10 Count)	9. Right Side Plank (10 count)	9. Seated Wide Angle Lt hand to Rt Foot
10. 2 Dumbbell Left Leg Lateral Kick x20	10. 2 Dumbbell Left Leg Forward Lunge x10	22. 2 Dumbbell Shoulder Shrug (10 Count)	10. Left Side Plank (10 Count)	10. Wide Angle Forward Bend Stretch
11. Right Side 2 Dumbbell Right Leg Back Kick x20	11. 2 Dumbbell Heel to Toe Calf Raises x10	23. 2 Dumbbell Pronated Grip Shoulder Press x10	11. Right Side Plank (10 count)	11. Seated RT Leg Cradle Stretch
12. Left Side 2 Dumbbell Left Leg Back Kick x20	12. 2 Dumbbell Heel to Toe Calf Raises x10	24. 2 Dumbbell Pronated Grip Shoulder Press x10	12. Left Side Plank (10 Count)	12. Seated LT Leg Cradle Stretch

Week 10 Session #20 (Holding the Weight between sets)

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. 2 Dumbbell Right knee up x20	1. 2 Dumbbell RDL x10	13. 2 Dumbbell Chest Fly x10	1. Seated Flutter Kicks (10 Count)	1. Right Leg Hurdler Hamstring stretch
2. 2 Dumbbell Left Knee up x20	2. 2 Dumbbell RDL x10	14. 2 Dumbbell Chest Fly x10	2. Seated Frog Kicks (10 Count)	2. Left Leg Hurdler Hamstring stretch
3. 2 Dumbbell Right Knee to elbow x20	3. 2 Dumbbell Bent Over Row Neutral Grip x10	15. 2 Dumbbell Close grip under chin Overhead Press x10	3. Seated Reverse Crunch (10 Count)	3. Rt Leg Seated Quad Stretch
4. 2 Dumbbell Left Knee to elbow x20	4. 2 Dumbbell Bent Over Row Neutral Grip x10	16. 2 Dumbbell Close grip under chin Overhead Press x10	4. Seated Bicycle Kicks (10 Count)	4. Lt Leg Seated Quad Stretch
5. 2 Dumbbell Right Leg Forward Kick x20	5. 2 Dumbbell Bent Over Row Supine Grip x10	17. Right Side 1 Dumbbell Pinwheel Chest Fly x15	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. 2 Dumbbell Left Leg forward kick x20	6. 2 Dumbbell Bent Over Row Supine Grip x10	18. Left Side 1 Dumbbell Pinwheel Chest Fly x15	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. 2 Dumbbell Right Knee to Left Elbow x20	7. 2 Dumbbell Bent Over Row Pronated Grip x10	19. Push Press x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. 2 Dumbbell Left Knee to Right elbow x20	8. 2 Dumbbell Bent Over Row Pronated Grip x10	20. Push Press x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. 2 Dumbbell Right Leg Lateral Kick x20	9. 2 Dumbbell Bent Over Fly Grip x10	21. 2 Dumbbell Tricep Extension x10	9. Right Side Plank (10 count)	9. Seated Wide Angle Lt hand to Rt Foot
10. 2 Dumbbell Left Leg Lateral Kick x20	10. 2 Dumbbell Bent Over Fly Grip x10	22. 2 Dumbbell Tricep Extension x10	10. Left Side Plank (10 Count)	10. Wide Angle Forward Bend Stretch
11. Right Side 2 Dumbbell Right Leg Back Kick x20	11. 2 Dumbbell Bicep Curl x10	23. 2 Dumbbell Tricep Kickback x10	11. Right Side Plank (10 count)	11. Seated RT Leg Cradle Stretch
12. Left Side 2 Dumbbell Left Leg Back Kick x20	12. 2 Dumbbell Bicep Curl x10	24. 2 Dumbbell Tricep Kickback x10	12. Left Side Plank (10 Count)	12. Seated LT Leg Cradle Stretch

Week 11 Session #21 (Holding the Weight between sets)

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. 2 Dumbbell Right knee up x20	1. 2 Dumbbell Deadlift Squat x10	13. 2 Dumbbell Neutral Grip Shoulder Press x10	1. Seated Flutter Kicks (10 Count)	1. Right Leg Hurdler Hamstring stretch
2. 2 Dumbbell Left Knee up x20	2. 2 Dumbbell Deadlift Squat x10	14. 2 Dumbbell Neutral Grip Shoulder Press x10	2. Seated Frog Kicks (10 Count)	2. Left Leg Hurdler Hamstring stretch
3. 2 Dumbbell Right Knee to elbow x20	3. 2 Dumbbell Right Leg Reverse Lunge x10	15. 2 Dumbbell Forward Lateral Raise x10	3. Seated Reverse Crunch (10 Count)	3. Rt Leg Seated Quad Stretch
4. 2 Dumbbell Left Knee to elbow x20	4. 2 Dumbbell Left Leg Reverse Lunge x10	16. 2 Dumbbell Forward Lateral Raise x10	4. Seated Bicycle Kicks (10 Count)	4. Lt Leg Seated Quad Stretch
5. 2 Dumbbell Right Leg Forward Kick x20	5. 2 Dumbbell Right Leg Reverse Lunge x10	17. 2 Dumbbell Side Lateral Raise x10	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. 2 Dumbbell Left Leg forward kick x20	6. 2 Dumbbell Left Leg Reverse Lunge x10	18. 2 Dumbbell Side Lateral Raise x10	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. 2 Dumbbell Right Knee to Left Elbow x20	7. 2 Dumbbell Right Leg Forward Lunge x10	19. 2 Dumbbell Upright Row x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. 2 Dumbbell Left Knee to Right elbow x20	8. 2 Dumbbell Left Leg Forward Lunge x10	20. 2 Dumbbell Upright Row x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. 2 Dumbbell Right Leg Lateral Kick x20	9. 2 Dumbbell Right Leg Forward Lunge x10	21. 2 Dumbbell Shoulder Shrug (10 Count)	9. Right Side Plank (10 count)	9. Seated Wide Angle Lt hand to Rt Foot
10. 2 Dumbbell Left Leg Lateral Kick x20	10. 2 Dumbbell Left Leg Forward Lunge x10	22. 2 Dumbbell Shoulder Shrug (10 Count)	10. Left Side Plank (10 Count)	10. Wide Angle Forward Bend Stretch
11. Right Side 2 Dumbbell Right Leg Back Kick x20	11. 2 Dumbbell Heel to Toe Calf Raises x10	23. 2 Dumbbell Pronated Grip Shoulder Press x10	11. Right Side Plank (10 count)	11. Seated RT Leg Cradle Stretch
12. Left Side 2 Dumbbell Left Leg Back Kick x20	12. 2 Dumbbell Heel to Toe Calf Raises x10	24. 2 Dumbbell Pronated Grip Shoulder Press x10	12. Left Side Plank (10 Count)	12. Seated LT Leg Cradle Stretch

Week 11 Session #22 (Holding the Weight between sets)

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. 2 Dumbbell Right knee up x20	1. 2 Dumbbell RDL x10	13. 2 Dumbbell Chest Fly x10	1. Seated Flutter Kicks (10 Count)	1. Right Leg Hurdler Hamstring stretch
2. 2 Dumbbell Left Knee up x20	2. 2 Dumbbell RDL x10	14. 2 Dumbbell Chest Fly x10	2. Seated Frog Kicks (10 Count)	2. Left Leg Hurdler Hamstring stretch
3. 2 Dumbbell Right Knee to elbow x20	3. 2 Dumbbell Bent Over Row Neutral Grip x10	15. 2 Dumbbell Close grip under chin Overhead Press x10	3. Seated Reverse Crunch (10 Count)	3. Rt Leg Seated Quad Stretch
4. 2 Dumbbell Left Knee to elbow x20	4. 2 Dumbbell Bent Over Row Neutral Grip x10	16. 2 Dumbbell Close grip under chin Overhead Press x10	4. Seated Bicycle Kicks (10 Count)	4. Lt Leg Seated Quad Stretch
5. 2 Dumbbell Right Leg Forward Kick x20	5. 2 Dumbbell Bent Over Row Supine Grip x10	17. Right Side 1 Dumbbell Pinwheel Chest Fly x15	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. 2 Dumbbell Left Leg forward kick x20	6. 2 Dumbbell Bent Over Row Supine Grip x10	18. Left Side 1 Dumbbell Pinwheel Chest Fly x15	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. 2 Dumbbell Right Knee to Left Elbow x20	7. 2 Dumbbell Bent Over Row Pronated Grip x10	19. Push Press x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. 2 Dumbbell Left Knee to Right elbow x20	8. 2 Dumbbell Bent Over Row Pronated Grip x10	20. Push Press x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. 2 Dumbbell Right Leg Lateral Kick x20	9. 2 Dumbbell Bent Over Fly Grip x10	21. 2 Dumbbell Tricep Extension x10	9. Right Side Plank (10 count)	9. Seated Wide Angle Lt hand to Rt Foot
10. 2 Dumbbell Left Leg Lateral Kick x20	10. 2 Dumbbell Bent Over Fly Grip x10	22. 2 Dumbbell Tricep Extension x10	10. Left Side Plank (10 Count)	10. Wide Angle Forward Bend Stretch
11. Right Side 2 Dumbbell Right Leg Back Kick x20	11. 2 Dumbbell Bicep Curl x10	23. 2 Dumbbell Tricep Kickback x10	11. Right Side Plank (10 count)	11. Seated RT Leg Cradle Stretch
12. Left Side 2 Dumbbell Left Leg Back Kick x20	12. 2 Dumbbell Bicep Curl x10	24. 2 Dumbbell Tricep Kickback x10	12. Left Side Plank (10 Count)	12. Seated LT Leg Cradle Stretch

Week 12 Session #23 (Holding the Weight between sets)

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. 2 Dumbbell Right knee up x20	1. 2 Dumbbell Deadlift Squat x10	13. 2 Dumbbell Neutral Grip Shoulder Press x10	1. Seated Flutter Kicks (10 Count)	1. Right Leg Hurdler Hamstring stretch
2. 2 Dumbbell Left Knee up x20	2. 2 Dumbbell Deadlift Squat x10	14. 2 Dumbbell Neutral Grip Shoulder Press x10	2. Seated Frog Kicks (10 Count)	2. Left Leg Hurdler Hamstring stretch
3. 2 Dumbbell Right Knee to elbow x20	3. 2 Dumbbell Right Leg Reverse Lunge x10	15. 2 Dumbbell Forward Lateral Raise x10	3. Seated Reverse Crunch (10 Count)	3. Rt Leg Seated Quad Stretch
4. 2 Dumbbell Left Knee to elbow x20	4. 2 Dumbbell Left Leg Reverse Lunge x10	16. 2 Dumbbell Forward Lateral Raise x10	4. Seated Bicycle Kicks (10 Count)	4. Lt Leg Seated Quad Stretch
5. 2 Dumbbell Right Leg Forward Kick x20	5. 2 Dumbbell Right Leg Reverse Lunge x10	17. 2 Dumbbell Side Lateral Raise x10	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. 2 Dumbbell Left Leg forward kick x20	6. 2 Dumbbell Left Leg Reverse Lunge x10	18. 2 Dumbbell Side Lateral Raise x10	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. 2 Dumbbell Right Knee to Left Elbow x20	7. 2 Dumbbell Right Leg Forward Lunge x10	19. 2 Dumbbell Upright Row x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. 2 Dumbbell Left Knee to Right elbow x20	8. 2 Dumbbell Left Leg Forward Lunge x10	20. 2 Dumbbell Upright Row x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. 2 Dumbbell Right Leg Lateral Kick x20	9. 2 Dumbbell Right Leg Forward Lunge x10	21. 2 Dumbbell Shoulder Shrug (10 Count)	9. Right Side Plank (10 count)	9. Seated Wide Angle Lt hand to Rt Foot
10. 2 Dumbbell Left Leg Lateral Kick x20	10. 2 Dumbbell Left Leg Forward Lunge x10	22. 2 Dumbbell Shoulder Shrug (10 Count)	10. Left Side Plank (10 Count)	10. Wide Angle Forward Bend Stretch
11. Right Side 2 Dumbbell Right Leg Back Kick x20	11. 2 Dumbbell Heel to Toe Calf Raises x10	23. 2 Dumbbell Pronated Grip Shoulder Press x10	11. Right Side Plank (10 count)	11. Seated RT Leg Cradle Stretch
12. Left Side 2 Dumbbell Left Leg Back Kick x20	12. 2 Dumbbell Heel to Toe Calf Raises x10	24. 2 Dumbbell Pronated Grip Shoulder Press x10	12. Left Side Plank (10 Count)	12. Seated LT Leg Cradle Stretch

Week 12 Session #24 (Holding the Weight between sets)

Movement Prep	Dynamic Workout	Dynamic Workout (con't)	Abdominal Workout	Stretch
1. 2 Dumbbell Right knee up x20	1. 2 Dumbbell RDL x10	13. 2 Dumbbell Chest Fly x10	1. Seated Flutter Kicks (10 Count)	1. Right Leg Hurdler Hamstring stretch
2. 2 Dumbbell Left Knee up x20	2. 2 Dumbbell RDL x10	14. 2 Dumbbell Chest Fly x10	2. Seated Frog Kicks (10 Count)	2. Left Leg Hurdler Hamstring stretch
3. 2 Dumbbell Right Knee to elbow x20	3. 2 Dumbbell Bent Over Row Neutral Grip x10	15. 2 Dumbbell Close grip under chin Overhead Press x10	3. Seated Reverse Crunch (10 Count)	3. Rt Leg Seated Quad Stretch
4. 2 Dumbbell Left Knee to elbow x20	4. 2 Dumbbell Bent Over Row Neutral Grip x10	16. 2 Dumbbell Close grip under chin Overhead Press x10	4. Seated Bicycle Kicks (10 Count)	4. Lt Leg Seated Quad Stretch
5. 2 Dumbbell Right Leg Forward Kick x20	5. 2 Dumbbell Bent Over Row Supine Grip x10	17. Right Side 1 Dumbbell Pinwheel Chest Fly x15	5. Superman Sit Ups x10	5. Groin Butterfly Stretch
6. 2 Dumbbell Left Leg forward kick x20	6. 2 Dumbbell Bent Over Row Supine Grip x10	18. Left Side 1 Dumbbell Pinwheel Chest Fly x15	6. Reverse Crunch x10	6. RT Seated IT Band Stretch
7. 2 Dumbbell Right Knee to Left Elbow x20	7. 2 Dumbbell Bent Over Row Pronated Grip x10	19. Push Press x10	7. Flutter Kick (10 Count)	7. LT Seated IT Band Stretch
8. 2 Dumbbell Left Knee to Right elbow x20	8. 2 Dumbbell Bent Over Row Pronated Grip x10	20. Push Press x10	8. Tuck In and Out x10	8. Seated Wide Angle Rt hand to Lt Foot
9. 2 Dumbbell Right Leg Lateral Kick x20	9. 2 Dumbbell Bent Over Fly Grip x10	21. 2 Dumbbell Tricep Extension x10	9. Right Side Plank (10 count)	9. Seated Wide Angle Lt hand to Rt Foot
10. 2 Dumbbell Left Leg Lateral Kick x20	10. 2 Dumbbell Bent Over Fly Grip x10	22. 2 Dumbbell Tricep Extension x10	10. Left Side Plank (10 Count)	10. Wide Angle Forward Bend Stretch
11. Right Side 2 Dumbbell Right Leg Back Kick x20	11. 2 Dumbbell Bicep Curl x10	23. 2 Dumbbell Tricep Kickback x10	11. Right Side Plank (10 count)	11. Seated RT Leg Cradle Stretch
12. Left Side 2 Dumbbell Left Leg Back Kick x20	12. 2 Dumbbell Bicep Curl x10	24. 2 Dumbbell Tricep Kickback x10	12. Left Side Plank (10 Count)	12. Seated LT Leg Cradle Stretch



STRETCH	LEGS	CHEST	BACK	SHOULDERS	ABS (NO WEIGHTS)
1. Right Leg Hurdler Hamstring stretch	1. Deadlift Squat	1. Seated Chest Press (Neutral Grip)	1. Deadlift	1. Shoulder Press (Neutral Grip)	1. Russian Twist
2. Left Leg Hurdler Hamstring stretch	2. Split Squat	2. Seated Chest Press (Pronated Grip)	2. RDL	2. Shoulder Press (Pronated Grip)	2. Superman Sit ups
3. Rt Leg Seated Quad Stretch	3. Reverse Lunge	3. Seated Chest Press (Supinated Grip)	3. Narrow Bent Over Row (Supinated Grip)	3. Bent Over Row (Pronated Grip)	3. Reverse Crunch
4. Lt Leg Seated Quad Stretch	4. Forward Lunge	4. Svend Press	4. Narrow Bent Over Row (Neutral Grip)	4. Forward Lateral Raise	4. Flutter Kick
5. Groin Butterfly Stretch	5. Curtsy Lunge	5. Kneeling Shoulder Press (Supinated Grip)	5. Wide Bent Over Row (Neutral Grip)	5. Side Lateral Raise	5. In and out
6. RT Seated IT Band Stretch	6. Side Lunge	6. Kneeling Chest Flies	6. Wide Bent Over Row (Supinated Grip)	6. Upright Row	6. Goblet Knee Up
7. LT Seated IT Band Stretch	7. Jump Squat	7. Push Ups (neutral grip)	7. Lying Down Pullover	7. Shoulder Mobility	7. Side Plank
8. Seated Wide Angle Rt hand to Lt Foot	8. Overhead Squat	8. Push Ups (Pronated grip)	8. Bent Over Fly	8. Hammer Forward Lateral Raise	8. Goblet Side Knee Up
9. Seated Wide Angle Lt hand to Rt Foot	9. Isometric Pulsing Squat	9. Push Ups (Supinated grip)	9. Alt Heavy Bicep Curl	9. Behind the back Side Lateral Raise	9. Bicycle Kick
10. Wide Angle Forward Bend Stretch	10. Calf Raise	10. Lying down tricep hammer curl	10. Alt Heavy Hammer Curl	10. Shoulder Shrug	10. Seated Flutter Kicks
11. Seated RT Leg Cradle Stretch	11. Overhead Calf Raise	11. Lying down Chest Flies	11. Alt Pinwheel Heavy Hammer Curl	11. Reverse Curl	11. Seated In and Outs
12. Seated LT Leg Cradle Stretch	12. Hip Bridge	12. Diamond Push Ups	12. Alt Renegade Row	12. Zottman Curl	12. Goblet High Kick