

Split Body\_\_\_\_  
 Opposing X Total  
 Body\_\_\_\_  
 Complementary  
 Muscle\_\_\_\_

Name: **Total Body Core and Flexibility**

Push/Pull\_\_\_\_

**WARM-UP**

Treadmill (2 minute Jog) or Jump and Jacks (100)

**Day 1**



<b>Day 1</b>	<b>Arm Rotations front then back</b>	<b>Reps</b>	100	
		<b>Wt/Tm</b>	BW	
	<b>Wall Push Ups</b>	<b>Sets</b>	3	
		<b>Reps</b>	20	
		<b>Wt/Tm</b>	BW	
	<b>Push Up</b>	<b>Sets</b>	3	
		<b>Reps</b>	10-18	
		<b>Wt/Tm</b>	BW	
	<b>Biceps Curl (Bands, Dumbbells or Body Wt)</b>	<b>Sets</b>	3	
		<b>Reps</b>	10-18	
		<b>Wt/Tm</b>	BW	
	<b>One Arm Bent Row (Bands, Body WT)</b>	<b>Sets</b>	3	
		<b>Reps</b>	15-18	
		<b>Wt/Tm</b>	BW	
	<b>Good Mornings (bands optional)</b>	<b>Sets</b>	3	
		<b>Reps</b>	20	
		<b>Wt/Tm</b>	BW	

**Jog In place for 3 minutes**

**Day 1**

<b>Day 1</b>	<b>Body Squat</b>	<b>Sets</b>	3	
		<b>Reps</b>	10-25	
		<b>Wt/Tm</b>	BW	
	<b>Pliat Squat</b>	<b>Sets</b>	3	
		<b>Reps</b>	10-25	
		<b>Wt/Tm</b>	BW	
	<b>Calf Raises</b>	<b>Sets</b>	3	
		<b>Reps</b>	10-25	
		<b>Wt/Tm</b>	BW	
	<b>Body Wt Leg Extention</b>	<b>Sets</b>	3	
		<b>Reps</b>	10-25	
		<b>Wt/Tm</b>	BW	

	<b>Forward Bend (Hold 30 Seconds, 3 rounds)</b>	<b>Sets</b>	n/a	
		<b>Reps</b>	n/a	
<b>Wt/Tm</b>		n/a		
	<b>Calf Lunge Stretch (Hold 30 Seconds, 3 rounds)</b>	<b>Sets</b>	n/a	
		<b>Reps</b>	n/a	
		<b>Wt/Tm</b>	n/a	
<b>Day 1</b>	<b>Palm Bicep Extension</b>	<b>Sets</b>	n/a	
		<b>Reps</b>	n/a	
		<b>Wt/Tm</b>	n/a	
	<b>Chair Crunch</b>	<b>Sets</b>	4	
		<b>Reps</b>	25	
		<b>Wt/Tm</b>	BW	
	<b>Hug Yourself ( Alternate)</b>	<b>Sets</b>	4	
		<b>Reps</b>	20-25	
		<b>Wt/Tm</b>	BW	
	<b>Cross Body Leg Lift (Use Wall)</b>	<b>Sets</b>	3	
		<b>Reps</b>	10 ea.	
		<b>Wt/Tm</b>	15-20lbs	
	<b>Boat Pose (Isometric)</b>	<b>Sets</b>	3	
		<b>Reps</b>	15	
		<b>Wt/Tm</b>	10lbs	
	<b>Lying Leg Lift (bed)</b>	<b>Sets</b>	4	
		<b>Reps</b>	8-10	
		<b>Wt/Tm</b>	BW	
	<b>Treadmill (Use Target Rate, Use Incline Periodically)</b>	<b>Sets</b>	n/a	
		<b>Reps</b>	n/a	
		<b>Wt/Tm</b>	n/a	