

STRENGTH SET 1

1 Minute break after completing all 6 exercises, perform each exercise rhythmically for 20 Reps

EXERCISE	START POSITION	STEP ONE	STEP TWO	STEP THREE
Box Step Up 20 Reps Alternate legs				
Bicep Curl w/ Band (light to medium) 20 Reps			REPEAT	REPEAT
Triceps Extension w/ Band (light to medium) 20 Reps			REPEAT	REPEAT
Shoulder Press w/ Band (light to medium) 20 Reps			REPEAT	REPEAT
Ab Crunch 20 Reps			REPEAT	REPEAT
Bridge 20 Reps			REPEAT	REPEAT

STRENGTH SET 2

90 Second break after completing all 6 exercises, perform each exercise rhythmically for 15 Reps

EXERCISE	START POSITION	STEP ONE	STEP TWO	STEP THREE
Squat w/ Band (light to heavy) 15 Reps			REPEAT	REPEAT
Push Up (floor or elevated) 15 Reps			REPEAT	REPEAT
Row with Band (medium to heavy) 15 Reps			REPEAT	REPEAT
Lateral Fly w/ Band (light to medium) 15 Reps			REPEAT	REPEAT
Modified Bicycle 15 Reps Alternate legs/arms			REPEAT	REPEAT
Superman 15 Reps			REPEAT	REPEAT

STRENGTH SET 3

2 Minute break after completing all 6 exercises, perform each exercise rhythmically for 10 Reps, except plank

EXERCISE	START POSITION	STEP ONE	STEP TWO	STEP THREE
Front-side Lunge 10 Reps Alternate legs/arms				
Chest Press w/ Band (medium to heavy) 10 Reps			REPEAT	REPEAT
Lat Pull w/ Band (medium to heavy) 10 Reps			REPEAT	REPEAT
Rear Delt Fly w/ Band (light to medium) 10 Reps			REPEAT	REPEAT
Plank Hold for 30 Seconds		HOLD	HOLD	HOLD
Bird Dog 10 Reps Alternate legs/arms			REPEAT	REPEAT