

Sets are how many rounds you repeat the exercise
 Reps are how many repetitions you do at once

Workout 1

	Exercise	Sets x Reps
1a	List A	3 x 10-15
1b	List B	3 x 10-15
1c	List C	3 x 30 sec
2a	List A	3 x 10-15
2b	List B	3 x 10-15
3a	List A	3 x 10-15
3b	List D	3 x 30 sec

Workout 2

	Exercise	Sets x Reps
1a	List A	3 x 10-15
1b	List C	3 x 30 sec
2a	List B	3 x 10-15
2b	List D	3 x 30 sec
3a	List A	3 x 10-15
3b	List B	3 x 30 sec

Workout 3

	Exercise	Sets x Reps
1a	List A	3 x 10-15
1b	List B	3 x 10-15
1c	List A	3 x 10-15
1d	List C	3 x 30 sec
1e	List A	3 x 10-15
1f	List D	3 x 30 sec

Workout 4

	Exercise	Sets x Reps
1a	List B	3 x 10-15
1b	List A	3 x 10-15
1c	List B	3 x 10-15
1d	List C	3 x 30 sec
1e	List B	3 x 10-15
1f	List D	3 x 30 sec

Workout 1 Example

	Exercise	Sets x Reps
1a	Single Arm Row	3 x 10-15
1b	Goblet Squat	3 x 10-15
1c	Stacked Foot Balance	3 x 30 sec
2a	Hammer Bicep Curl	3 x 10-15
2b	Calf Raise	3 x 10-15
3a	Chest Press	3 x 10-15
3b	Leg Lifts	3 x 30 sec

*If you are choosing a single limb exercise, then make sure you perform 10-15 reps on each side, not in total

**If you can easily complete 15 reps then either increase your rep range to 15-20 reps or increase your weight so that completing 10-15 reps is more challenging