



Lift 1

Exercise	Sets	Repetitions
Weighted Squats	3	10
Weighted Deadlifts	3	10
Push-ups	3	10
Reverse Fly	3	10
Planks	3	10-30 seconds
Side Leg Raises	3	10

Lift 2

Exercise	Sets	Repetitions
Reverse Lunges	3	15-20
Balanced Deadlifts	3	15-20
Chest Fly	3	15-20
Lateral Raises	3	15-20
Tricep Dips	3	15-20
Bicycles	3	15-20

Lift 3

Exercise	Sets	Repetitions	Exercise	Sets	Repetitions
Goblet Squats	3	10	Single Leg Squats	3	15-20
Weighted Deadlifts	3	10	Balanced Deadlifts	3	15-20
Triangle Push-ups	3	10	Chest Fly	3	15-20
Reverse Fly	3	10	Swimmers	3	20
Front Raise	3	10	Shoulder Press	3	15-20
Planks	3	30-60 seconds	Ladder Climbers	3	15-20

Lift 4