

ADVANCED PROGRAM MONTH 1

Dynamic Warm-up Bosu

S/L Squat	10
S/L Rotate	10
S/L Squat & Swing	10
S/L Squat & Rotate	10
S/L Squat & Press	10

Dynamic Stretch

Focussing – calves/hipflexors/adductors/glutes/
hamstrings/quads/lower back/pecs

Circuit

Med Ball lunge & touch with burpee push ups	10
45d jumps with push up touch & extends	10
Push up rotates with 90d hold & med ball touch	10

Balance on Swiss Ball x2

Reps

Hip Extensions	10
Leg Raises	10
Russian Twists	10
Roll into side plank	10
Opp Leg & arm extensions	10
Kneeling	30s
Jackknives with push-ups	10
Plank hold	30s

Exercise – DAY 1	Sets	Reps	Exercise – DAY 2	Sets	Reps
Cable static lunge with woodchop	2	10	S/A Flys on ball leg up	2	10
S/L BB Deadlifts with curl	2	10	S/A Cable press on bosu	2	10
S/L Lunges 2Bosu with tri ext	2	10	S/A Cable plank pulls leg up	2	10
S/L KB Bosu stands ups with shoulder press	2	10	S/A Cable pulls on bosu	2	10
S/L Glute holds with DB rows	2	10	S/A Seated ball lat raises leg up	2	10
S/L Hamstring curl with DB chest press	2	10	S/A Upside KB press in side plank	2	10