

## ADVANCED PROGRAM MONTH 2

<b>Dynamic Warm-up/Circuit x2</b>	
Lunge F&B with twist	10 (20)
Squat Rot & Press	10 (20)
Lunge Rot & Press L+R	10
Squat & Swing	10 (20)
Push ups on m.ball	20
Push up roll & rot m.ball	10
Jump onto m.ball & push-up	10

<b>Barbell Circuit x 2</b>	
Deadlifts	10
Squat & Upright Rows	10
Clean & Squats	10
Clean & Press	10
Push Press	10

<b>Exercise – DAY 1</b>	<b>Sets</b>	<b>Reps</b>	<b>Exercise – DAY 2</b>	<b>Sets</b>	<b>Reps</b>
Alt Lunge w_ BB press	3	6 (12)	TRX Pull & press	3	6
Alt BB Deadlift	3	6 (12)	Cable Pull & fly - bosu	3	6
Alt Pistol Squats	3	6 (12)	Push & pull on cable	3	6
OH KB Squats	3	6	Alt DB Chest press - ball	3	6 (12)
Squats	3	6	Cable Flys - ball	3	6
Alt DB Sh Press on Ball	3	6 (12)	Alt Cable rows in squat	3	6 (12)
Handstand Push-up - wall	3	6	Weighted U/G Pull-ups	3	6