

BEGINNER PROGRAM MONTH 1

| Dynamic Warm-up | |
|------------------------|----|
| Squat | 10 |
| Rotate | 10 |
| Squat & Swing | 10 |
| Squat & Rotate | 10 |

| | |
|------------------------|--|
| Dynamic Stretch | Focussing – calves/hipflexors/glutes/hamstrings/pecs |
|------------------------|--|

| Lumbar Pelvic Hip Complex Strengthening x2 | |
|---|-----|
| Hip Extensions | 10 |
| Sit Ups | 10 |
| Side Plank | 30s |
| Push Ups | 10 |
| Plank | 30s |
| Side Plank | 30s |
| Prone Cobra with Ext Rot | 10 |

| Circuit x2 | |
|-------------------|----|
| Static Lunges | 10 |
| Ball Squats | 10 |
| Ball in & outs | 10 |

| Kettlebells | Sets | Reps |
|--------------------|-------------|-------------|
| Swings | 3 | 15 |
| Cleans | 3 | 15 |
| Shoulder Press | 3 | 15 |