

BEGINNER PROGRAM MONTH 2

Dynamic Warm-up	
Squat & Swing	10
Alt Squat Rotate & Press	10
Alt Lunge & Press	10
Alt Squat & Swing	10
Alt Lunge & Swing	10

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

Lumbar Pelvic Hip Complex Strengthening x2					
S/L Hip Extensions	10				
Sit Ups	10				
Sit Up Extends	10				
Side Plank > Leg Raise	10	> Hip Drop	10	> Hold	30s
Push Ups Knee in & out	10				
Side Plank > Leg Raise	10	> Hip Drop	10	> Hold	30s
Plank Get Ups	10				

Balance	Sets	Reps
3 Point Squats	2	10
S/L Squats	2	10
Glute Extensions	2	10

Circuit x2	
Walking Lunges	10
Hip Extensions on Ball	10
Squat Jumps	10
Push Up & arm touch	10

Kettlebells	Sets	Reps
Alt Swings	3	20
Clean & Squats	3	20
Clean & Press	3	20