

## BEGINNER PROGRAM MONTH 3

<b>Dynamic Warm-up</b>	
S/L Squat	10
Squat & Swing	10
S/L Squat & Swing	10
Lunge Rot Push in & out	10
S/L Squat & Press	10
Med Ball knee ins	10
Med Ball alt Push Ups	10

<b>Dynamic Stretch</b>	Focussing – calves/hipflexors/glutes/hamstrings/pecs
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<b>Circuit x2</b>	
Jump Lunges	20
Squat Jumps	20
Burpee Push Ups	10
Push Ups	20

<b>Kettlebells</b>	<b>Sets</b>	<b>Reps</b>
Turkish Get Ups	3	10
Lunge & Press	3	10
Squat & Press	3	10
Snatches	3	10

<b>Exercises</b>	<b>Sets</b>	<b>Reps</b>
Lunge Rotates	3	10
S/A Overhead Squats	3	10
S/A Swiss Ball Rows	3	10
Rotation Press	3	10
Push Ups ball in & out	3	10