

## INTERMEDIATE PROGRAM MONTH 1

<b>Dynamic Warm-up on BOSU</b>	
Squat	10
Squat Rotate & Press	10
Alt Lunge & Press	10
Overhead Squats	10
Push ups BOSU & ball	10
Alt Push ups w_ ball	10

<b>Dynamic Stretch</b>	Focussing – calves/hipflexors/adductors/glutes/hamstrings/pecs
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<b>Balance</b>	<b>Sets</b>	<b>Reps</b>
S/L KB Deadlifts	2	10
Ski Jumps w_ Glute ext	2	10
Explosive Calve raises	2	10
S/L Squat with Ball	2	10
S/L stands on Bosu	2	10

<b>Circuit x 2</b>	
Turkish Get Ups	10
Jump Lunges	20
KB Swings	20
Jump Squats	20
KB Snatches	20
Burpee Push Ups	20

<b>Exercise – DAY 1</b>	<b>Sets</b>	<b>Reps</b>	<b>Exercise – DAY 2</b>	<b>Sets</b>	<b>Reps</b>
S/L Squat on Bosu	3	10	2KB alt S/L Deadlifts	3	10
Alt S/L Squat on Bosu	3	10	2KB alt Lunges	3	10
S/A Press on Ball	3	10	2KB Squats on Bosu	3	10
Alt Rolls & Side planks on Ball	3	10	2 KB Chest Press on Ball	3	10
Side Plank Snatches	3	10	2 KB bent over Rows	3	10
Plank Ball & Bosu	3	30s	2 KB Shoulder Press on Ball	3	10