

INTERMEDIATE PROGRAM MONTH 2

Dynamic Warm-up on BOSU	
Squat	10
Rotate	10
Squat & Swing	10
Squat & Rotate	10
Squat & Press	10
BOSU Push up & Rot	10
BOSU Push up touch & ext	10
BOSU Push up	10

Dynamic Stretch	Focussing – calves/peroneals/hipflexors/adductors/ glutes /hamstrings/quads/lower back/pecs
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Balance	Sets	Reps
S/L Squat pick up & row	2	10
S/L Woodchop with press	2	10
S/L S/A Clean & Press	2	10
Windmill	2	10

Exercise – DAY 1	Sets	Reps	Exercise – DAY 2	Sets	Reps
S/L 2KB Deadlifts	3	10	S/A Chest Press on side Bosu	3	10
Static 2KB Lunges on Bosu	3	10	2KB Chest Press bal Bosu	3	10
2KB Stand Up's on Bosu	3	10	Push ups Ball & Bosu	3	10
Isometric Squat holds	3	10	Push ups Bosu & med ball	3	10
Plank with rows on Ball	3	10	Rotation Press	3	10
S/A S/L rows on Bosu	3	10	S/A S/L Shoulder Press on ball	3	10