

INTERMEDIATE PROGRAM MONTH 3

Dynamic Warm-up	
S/L Squat	10
S/L Rotate	10
S/L Squat & Swing	10
S/L Squat & Rotate	10
S/L Squat & Press	10
Med ball Push up	10
Med ball Knees in	10
Med ball Push up & rotate	10

Dynamic Stretch	Focussing – calves/hipflexors/adductors/glutes/hamstrings/ quads/lower back/pecs
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Kettlebells	Sets	Reps
2KB Swings	2	20
2KB Alt Clean	2	20
2KB Squat & Press	2	10
2KB Snatches	2	10

Exercise – DAY 1	Sets	Reps	Exercise – DAY 2	Sets	Reps
Lunge, rotate & press	3	10	Rotate on ball with press	3	10
Surfer Get up with squat press	3	10	Push up, knee o/u & rot press	3	10
Clean, step, squat & press	3	10	TGU pos with chest press	3	10
Overhead Swing & squat	3	10	S/A push ups	3	10
Jump Squats	3	10	Plank jump & push up bosu	3	10