

# MONTH 1

**1 - 4 WEEKS** **TWICE A WEEK**

## DAY 1

**SETS** **REPS**

**WARM-UP 15 MINUTES (jog/jump rope)**

Glutes Bridge	3	12
Glute Kickback	3	10 each leg
Split Squat with Dumbbells	3	12 each leg
Regular Squat with Dumbbells	4	10
Deadlift with Dumbbells	4	8
Sumo Squat	4	15

**COOL DOWN AND STRETCH 15 MINUTES**

## DAY 2

**SETS** **REPS**

**WARM-UP 15 MINUTES (jog/jump rope)**

Bench/Chair Step Up with kick back (hold dumbbells)	4	15 each leg
Regular Walking Lunges (hold dumbbells)	4	15
Backward Walking Lunges (hold dumbbells)	4	15
Wall Sit (hold dumbbells)	1 minute	
Lateral Walking Squats (hold dumbbells)	4	15
Frog Jump	4	15
Burpees	4	15

**REST 2 MINUTES**

**COOL DOWN AND STRETCH 15 MINUTES**