

Russian Twists
10-12 reps



Scorpion
3-5 reps



Back Extension
10-12 reps



Squat to Overhead Press
10-12 reps



Overhead Forward Lunge
6-8 reps per leg



Stability Ball Jackknife
10-12 reps



Stability Ball Leg Curl
6-8 reps



Rotational Shoulder Press
6-8 reps



Alternating Row
10-12 reps



Bent-Over Row
12 reps



Reverse Fly
12 reps



CORE

COMPLETE 3 SETS OF EACH EXERCISE

Plank
30-60 sec



Leg Raise
10 reps



Single-Side Weighted Situp
12 reps



LOWER BODY

COMPLETE 3 SETS OF EACH EXERCISE

Deadlift
12 reps



Lunge
8-12 reps



Single-Leg Bridge
15 reps
alternate legs

