

WEEKS 1 & 3

Monday		LEGS	Wednesday		ARMS & ABS	Friday		FULL BODY
Circuit One	Circuit Two		Circuit One	Circuit Two		Circuit One	Circuit Two	
Box Step 20 reps (10 per side)	Beetle Jumps 20 reps (10 per side)		Maximum Overhead 20 reps (10 per side)	Beetle Jumps 10 reps		Box Step 10 reps	Maximum Overhead 20 reps (10 per side)	
Beetle 10 reps	Jump Squat 10 reps		Beetle Leg Series 10 reps	Maximum Squat 20 reps (10 per side)		Box Step 10 reps	Beetle 10 reps	
								
Box Step 10 reps	Maximum Squat & Box Step 10		Leg Series Push Up 10 reps	Box Step Push Up 10 reps		Maximum Squat 10 reps	Box Step Push Up 10 reps	
								
Box Step 10 reps (10 per side)	Shooting 10 reps		Ab Wave 20 reps (10 per side)	Shooting Up 10 reps		Maximum Overhead 10 reps (10 per side)	Shooting 10 reps	
								

WEEKS 2 & 4

Monday		LEGS	Wednesday		ARMS & ABS	Friday		FULL BODY
Circuit One	Circuit Two		Circuit One	Circuit Two		Circuit One	Circuit Two	
Beetle Jumps 20 reps (10 per side)	High Knees 10 reps (10 per side)		Straight Leg Sit Up 10 reps	Forward Jump Jumps 10 reps		Beetle Jumps 10 reps (10 per side)	Forward Squat & Press 10 reps	
								
High Squat 10 reps	Squat 10 reps		Push Up 10 reps	Side Overhead (10 per side) 20 reps (10 per side)		High Squat 10 reps	High Knees 10 reps (10 per side)	
								
Overhead Squat & Press 10 reps	Beetle Jumps 10 reps		Overhead Curl & Press 10 reps	Overhead 10 reps (10 per side)		Overhead Squat 10 reps (10 per side)	Straight Leg Sit Up 10 reps	
								
Box Step 20 reps (10 per side)	Lat Pull Down 10 reps (10 per side)		Plank 30 mins	Straight Leg Series 10 reps		Straight Leg Series 10 reps	Beetle Jumps 10 reps	
								

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Jessica J Manson



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