

MONTH ONE STRENGTH PROGRAM: PROGRAM 1



	INCLINE PUSH UP	1 SET	10 REPS
	CABLE ONE ARM ROW	1 SET	10 REPS EACH SIDE
	INCH WORM	1 SET	6 REPS
WARM UP	BODY WEIGHT SQUAT	1 SET	10 REPS
	LEG SWING	1 SET	10 REPS EACH SIDE
	MOUNTAIN CLIMBER	1 SET	5 REPS EACH SIDE
	FORWARD LUNGE WITH ROTATION - ARMS OUT	1 SET	8 REPS EACH SIDE
FUNCTION	KNEE BAND CRAB WALKS	2 SETS	20 METERS
	ONE ARM PUSH UP ON WALL	2 SETS	8 REPS EACH SIDE
	GOBLET SQUAT	2 SETS	12 REPS
STRENGTH	DUMBBELL BENCH PRESS	2 SETS	12 REPS
	ONE ARM DUMBBELL REVERSE LUNGE	2 SETS	10 REPS
	DUMBBELL BENT OVER ROW	2 SETS	12 REPS
CORE	BACK HYPEREXTENSIONS - ARMS	2 SETS	12 REPS
	PRONE HOLD ON HANDS 1 LIMB SWITCH	2 SETS	45 SECONDS
	PRONE GLUTE STRETCH	1 SET	30 SECONDS EACH SIDE
	KNEELING HIP FLEXOR - FOOT UP	1 SET	30 SECONDS EACH SIDE
	STAND ON FINGERS	1 SET	30 SECONDS
MOBILITY	WIDE STANCE WALKAROUND	1 SET	30 SECONDS
	CALF STRETCH	1 SET	30 SECONDS EACH SIDE
	STRAIGHT ARM HIGH HAND	1 SET	30 SECONDS EACH SIDE
	SITTING BACK SIDE STRETCH	1 SET	30 SECONDS EACH SIDE
	CROSS LEG	1 SET	30 SECONDS EACH SIDE

MONTH ONE STRENGTH PROGRAM: PROGRAM 2



WARM UP	DISLOCATES	1 SET	10 REPS
	BODY WEIGHT SQUAT	1 SET	10 REPS
	INCH WORM	1 SET	6 REPS
	INCLINE PUSH UP	1 SET	10 REPS
	CABLE ONE ARM ROW	1 SET	10 REPS EACH SIDE
	LEG SWING	1 SET	10 REPS EACH SIDE
	FORWARD LUNGE WITH ROTATION - ARMS OUT	1 SET	8 REPS EACH SIDE
FUNCTION	MOUNTAIN CLIMBER	1 SET	5 REPS EACH SIDE
	ANKLE BAND CRAB WALKS	2 SETS	20 METERS
	CABLE STRAIGHT ARM PULL DOWN	2 SETS	8 REPS EACH SIDE
STRENGTH	BARBELL HIP THRUST	2 SETS	12 REPS
	OVERHAND PULL UP	2 SETS	10 REPS
	BULGARIAN SPLIT SQUAT	2 SETS	10 REPS EACH SIDE
	DUMBBELL SHOULDER PRESS	2 SETS	12 REPS
CORE	DANCING BUG	2 SETS	8 REPS EACH SIDE
	PALLOF PRESS	2 SETS	10 REPS EACH SIDE
MOBILITY	KNEELING HIP FLEXOR - FOOT UP	1 SET	30 SECONDS EACH SIDE
	PRONE GLUTE STRETCH	1 SET	30 SECONDS EACH SIDE
	STAND ON FINGERS	1 SET	30 SECONDS
	WIDE STANCE WALKAROUND	1 SET	30 SECONDS
	CALF STRETCH	1 SET	30 SECONDS EACH SIDE
	STRAIGHT ARM HIGH HAND	1 SET	30 SECONDS EACH SIDE
	SITTING BACK SIDE STRETCH	1 SET	30 SECONDS EACH SIDE
	CROSS LEG	1 SET	30 SECONDS EACH SIDE

MONTH ONE STRENGTH PROGRAM: PROGRAM 3



	FORWARD LUNGE WITH ROTATION - ARMS OUT	1 SET	8 REPS EACH SIDE
	INCH WORM	1 SET	6 REPS
	CABLE ONE ARM ROW	1 SET	10 REPS EACH SIDE
WARM UP	BODY WEIGHT SQUAT	1 SET	10 REPS
	INCLINE PUSH UP	1 SET	10 REPS
	LEG SWING	1 SET	10 REPS EACH SIDE
	DISLOCATES	1 SET	10 REPS
	MOUNTAIN CLIMBER	1 SET	5 REPS EACH SIDE
FUNCTION	LYING GLUTE BRIDGE FOOT UP	2 SETS	30 SECONDS EACH SIDE
	SEMI HANDSTAND HOLD	2 SETS	30 SECONDS
	KETTLEBELL SUMO SQUAT	2 SETS	12 REPS
STRENGTH	ONE ARM DUMBBELL INCLINE BENCH PRESS	2 SETS	10 REPS
	DUMBBELL LATERAL LUNGE	2 SETS	10 REPS EACH SIDE
	ONE ARM SEATED ROW	2 SETS	10 REPS EACH SIDE
CORE	CABLE WOODCHOP	2 SETS	10 REPS EACH SIDE
	UNSTABLE LYING TURN OVER	2 SETS	6 REPS EACH SIDE
	KNEELING HIP FLEXOR - FOOT UP	1 SET	30 SECONDS EACH SIDE
	PRONE GLUTE STRETCH	1 SET	30 SECONDS EACH SIDE
	STAND ON FINGERS	1 SET	30 SECONDS
MOBILITY	WIDE STANCE WALKAROUND	1 SET	30 SECONDS
	CALF STRETCH	1 SET	30 SECONDS EACH SIDE
	STRAIGHT ARM HIGH HAND	1 SET	30 SECONDS EACH SIDE
	SITTING BACK SIDE STRETCH	1 SET	30 SECONDS EACH SIDE
	CROSS LEG	1 SET	30 SECONDS EACH SIDE