

Mobility

1. Forward lunge with hip flexor stretch **5 reps each leg**
2. Chest stretch - stand facing **10 reps**
3. Forward lunge with T fly - **10 reps**
4. Long torso stretch **5 reps each side**
5. Lower back Stretch – **10 reps**
6. Half kneeling roll out – 10 reps

Duration:

Set 1 > 3 min followed by 1 min recovery

Set 2 > 3 min followed by 1 min recovery

Total: 8 min

Forward lunge with hip flexor stretch

TRX mid length

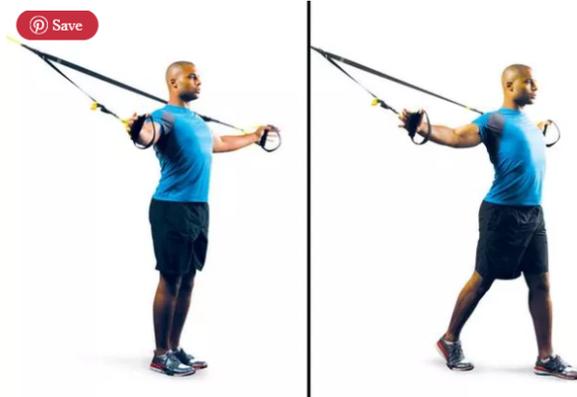
5 reps each leg



Chest stretch

TRX Mid length

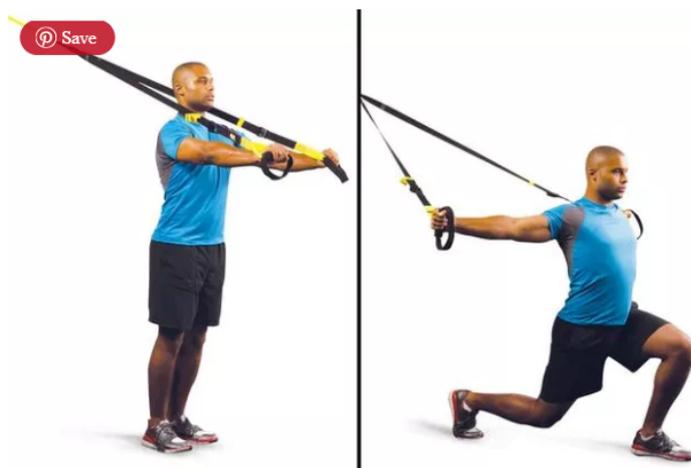
10 reps



Forward lunge with T-fly

TRX mid length

10 reps



Long torso stretch

TRX mid length

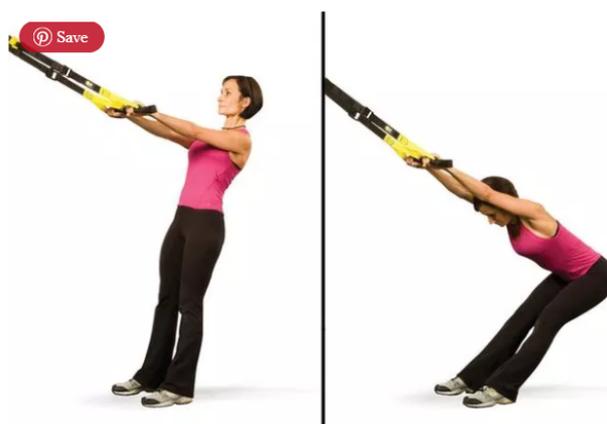
5 reps each side



Lower back stretch

TRX mid length

10 reps



Half kneeling roll out

TRX mid length

10 reps



Circuit 1

1. Squat row 40 sec
2. Chest balance 40 sec
3. Push-up with crunch 40 sec
4. Hip abduction 30 sec

Duration:

Set 1 > 4 min followed by 1 min recovery

Set 2 > 4 min followed by 1 min recovery

Set 3 > 4 min followed by 1 min recovery

Total: 15 min

Overhead Row

TRX mid length

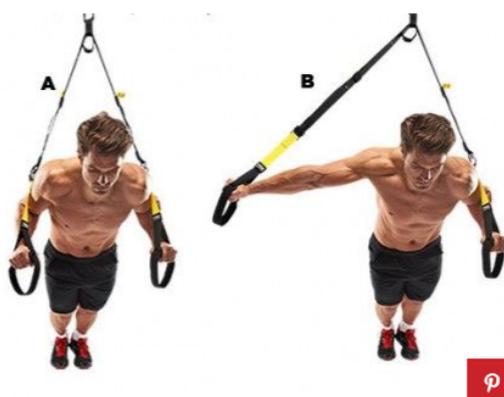
work 40 sec - recovery - 20 sec



Chest balance

TRX length

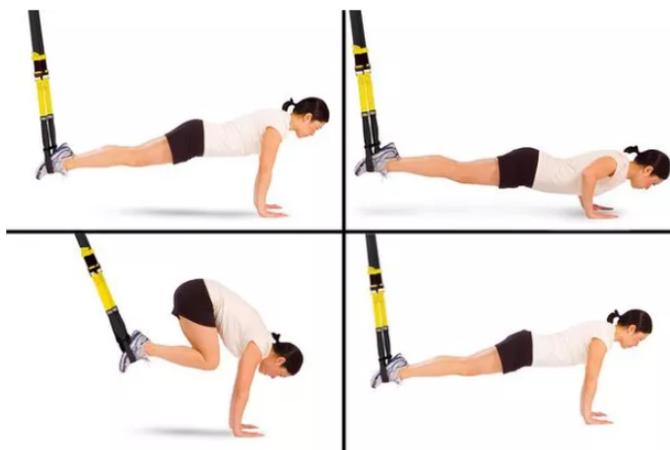
work 40 sec - recovery 20 sec



Push-up with crunch

TRX mid calf

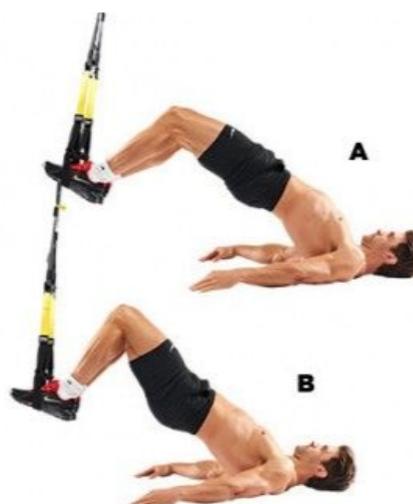
work 40 sec - recovery 20 sec



Hip abduction

TRX mid calf

work 40 sec - recovery 20 sec



Circuit 2

1. Crossing balance lunge 40 sec
2. Row series (low, mid, high) 30 sec
3. Triceps press 30 sec
4. Side plank 3 x 10 sec each side

Duration:

Set 1 > 4 min followed by 1 min recovery

Set 2 > 4 min followed by 1 min recovery

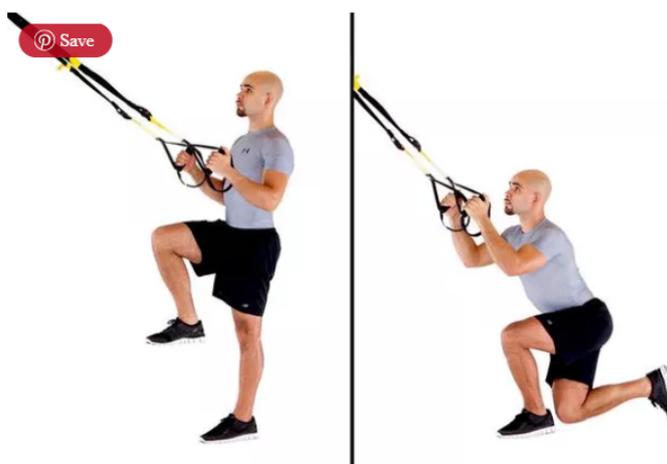
Set 3 > 4 min followed by 1 min recovery

Total: 15 min

Crossing balance lunge

TRX mid length

work 40 sec - recovery 20 sec



Row series (low, medium, high)

LOW



MID



work 40 sec - recovery 20 sec

HIGH



TRX short

Triceps press

TRX mid length

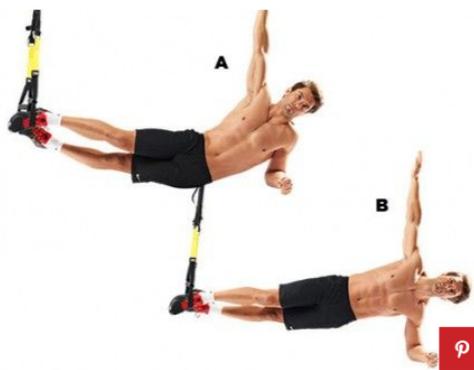
work 40 sec - recovery 20 sec



Side plank

TRX mid calf

4 x 10 sec each side - recovery 20 sec



Circuit 3

1. Biceps curl 40 sec
2. Push-ups 40 sec
3. Hamstring curl 40 sec
3. Single leg split squat 10 reps each leg
4. Spiderman push-up 10 reps each leg

Duration:

Set 1 > 5 min followed by 1 min recovery

Set 2 > 5 min followed by 1 min recovery

Set 3 > 5 min followed by 1 min recovery

Total: 18 min

Biceps curl

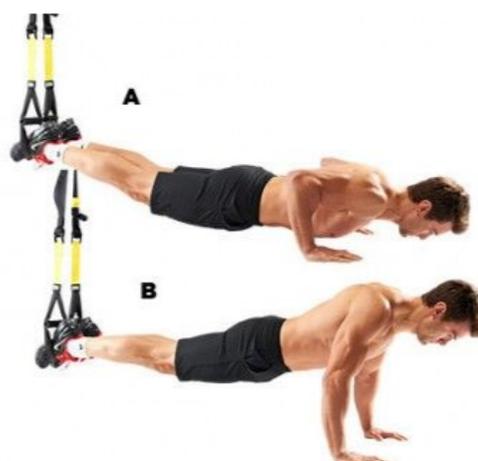
TRX mid length

work 40 sec - recovery 20 sec



Push-up

work 40 sec - recovery 20 sec



Single leg split squad

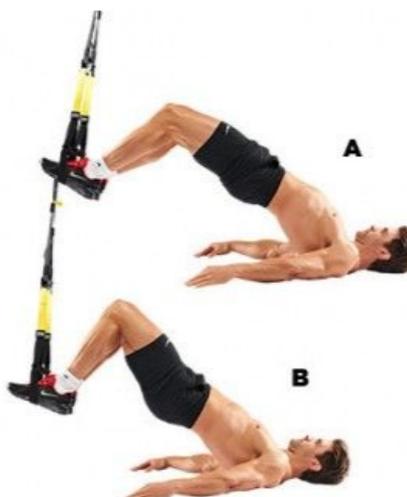
work 40 sec - recovery 20 sec



Hamstring curl

Trx mid calf

work 40 sec - recovery 20 sec



Spiderman push-up

TRX mid calf

work 40 sec - recovery 20 sec

