

Total Body Cardio	Wk 1	Wk 2	Wk3	Upper Fix	Wk 1	Wk 2	Wk3	Lower Fix	Wk 1	Wk 2	Wk3	Pilates	Wk 1	Wk 2	Wk3
Surrenders-R				Bent-Over Row				Side-Back Lunge							
Side Shuffles				Transverse Twist				Squat-Knee Raise							
Surrenders-L				Push-Up				Side-Back Lunge							
Side Shuffles				Forearm Plank				Squat-Knee Raise							
Squat Wood Chop-L				Curl to Press				Curtsey Lunge							
X-Country Skiers				Bent-Over Row				Calf Raises							
Squat Wood Chop-R				Transverse Twist				Curtsey Lunge							
X-Country Skiers				Push-Up				Calf Raises							
Weighted Jog				Forearm Plank				Split Squat							
Knee Pulls-R				Curl to Press				Sumo Squat							
Weighted Jog				Lat Pullovers				Split Squat							
knee Pulls-L				Circle Crunches				Sumo Squat							
Frog Crunches				Chest Press				Thigh Leg Lift							
Oblique Crunches				Scissor Twists				Quad Raise							
Frog Crunches				Front Raises				Thigh Leg Lift							
Oblique Crunches				Lat Pullovers				Quad Raise							
Cooldown				Circle Crunches				Fire Hydrant							
				Chest Press				Cooldown							
Cardio	Wk 1	Wk 2	Wk3	Scissor Twists											
Crossjacks				Front Raises				Dirty 30	Wk 1	Wk 2	Wk3	Yoga	Wk 1	Wk 2	Wk3
High Knees				Cooldown				Alternating Side Lunge							
Crossjacks								Renegade Row							
High Knees								Alternating Side Lunge							
Mountain Climbers								Renegade Row							
Skater Jumps								Sumo Row							
Mountain Climbers								Chest Fly Raise							
Skater Jumps								Sumo Row							
Reverse Lunges								Chest Fly Raise							
Burpees								Squat Lat Raise							
Reverse Lunges								Tricep Kickback							
Burpees								Squat Lat Raise							
Lateral Squats								Tricep Kickback							
Oblique Knee Pulls								Side Bend							
Lateral Squats								Side Plank Raise							
Oblique Knee Pulls								Side Bend							
Down & Ups								Side Plank Raise							
Cooldown								Cooldown							