

Exercise	Weight (lbs.)	Repetitions	Rest (min.)
Barbell Squats / Bosu Squat Thrust Supersets			
Barbell squats	135, 155, 165, 155	15, 12, 10, 15	none
Bosu Squat Thrusts	(round side up)	15, 15, 15, 15	1

TIP: Begin with strength move (barbell squat) and follow immediately with functional training plyo move (bosu squat thrust). Rest 1 minute, adjust weights, and repeat for total of 4 sets of exercise sequence.

* Take 2 minutes after the final set to rest, stretch and move to next machine.

Smith Machine Lunges / Bosu Mountain Climbers Supersets			
Smith Machine Lunges	20, 50, 70, 50	15, 12, 10, 15	none
Bosu Mountain Climbers	(flat side up)	25, 25, 25, 25	1

TIP: Begin with strength move (smith machine lunges) and follow immediately with functional training move (bosu mountain climbers). Rest 1 minute, adjust weights, and repeat for total of 4 sets of each exercise sequence.

* Take 2 minutes after the final set to rest, stretch and move to next machine.

Calf Raise / Squat X Press Supersets			
Standing Calf Raises	140, 160, 180, 160	15, 12, 10, 12	none
Squat X Press (plyo)		15, 15, 15, 15	1

TIP: Raise up on the toes as high as possible and squeeze at the top for each calf raise repetition. Squat X Press is done by squatting deep, touching floor, then exploding up and reaching for the sky as high as you can. Complete sequence for a total of 4 sets.

* Take 2 minutes after the final set to rest, stretch, and move to next machine.

Hip Adductor / Speed Skater / Hip Abductor/ Lateral Hop Supersets			
Hip Adductors	110	12, 12	none
Speed Skaters	(touch toe)	25, 25	none
Hip Abductors	110	12, 12	none
Lateral Hop	(side to side)	25, 25	none

TIP: Hip Adductors, Speed Skaters, Hip Abductors & Lateral Hop should be done with no rest in between to complete exercise sequence. Repeat 2 times total.

*Take 2 minutes to rest, stretch and move to next piece of equipment.

TRX Single Leg Squat / Single Leg Squat with Hop Supersets

TRX Single Leg Squat	15	none
TRX Single Leg Squat with Hop	5	30 sec.

*This is tough! Do each sequence, rest 30 sec. and repeat for a total of 3 complete supersets on each leg. Take 1-2 min. to rest before core work. You'll need it!

TRX Core Exercises

TRX Pikes	15	30 sec.
TRX Oblique crunches (each side)	15	30 sec.
TRX Plank	1 minute	30 sec.

TIP: TRX core exercises are no joke. Focus on form, don't rush, and BREATHE. Make sure you raise hips as high as possible on pikes, touch your elbow to each knee on oblique crunches, and maintain solid form on planks. Rest 30 seconds after each exercise and repeat entire sequence 2-3 times. Always aim to improve your time on planks. Work towards your own personal best!

EAT A BALANCED MEAL COMPOSED OF PROTEINS & CARBOHYDRATES WITHIN 30 MIN. POST WORKOUT IN ORDER TO GET MAXIMUM RESULTS.
