



- Uni Box Push Up**
Chest
- 1 - Support your body on your toes with one hand on a low box and the other on the floor, elbows bent and your chest nearly touching the floor.
 - 2 - Push up to a straight arm position.
- Lower your body back to the floor and repeat, keeping your back flat and your hips in line with your shoulders throughout.
 - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				



- Step Up Knee Drive**
Legs
- 1 - Stand upright with one foot on a bench and your arms at your sides.
 - 2 - Rapidly step up onto the bench by pushing down on your top foot and driving up with the knee of the opposite leg.
- Step down onto the back foot and repeat, driving the knee up in front each rep.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				



- Elevated Front Bridge**
Lower Back
- 1 - Raise your body off the floor, resting on your forearms and toes, with your toes on up on a bench.
- Hold, maintaining your body in a straight line and keep your back neutral/flat.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				



- Foot Up Split Squat**
Legs
- 1 - Stand upright with one foot on a bench behind with holding dumbbells with your arms by your sides.
 - 2 - Drop your body down towards the floor, bending at your hips and knees and leaning your torso slightly forward.
 - 3 - Push off your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.
- Equipment Sub: Plate

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				



- Plank Row & Leg Lift**
Back
- 1 - Support your body on your toes with your hands on dumbbells on a step and your arms straight.
 - 2 - Raise one dumbbell up to your shoulder and the opposite leg straight up behind.
- Lower this dumbbell and leg and repeat with the other arm and leg.
 - Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				



- Front Box Squat**
Legs
- 1 - Stand upright in front of a bench or box holding dumbbells at your shoulders with your palms in and your feet shoulder-width apart.
 - 2 - Squat down to sit on the box, sending your hips back and down and keeping your feet flat.
 - 3 - Push through your heels to return to the start position, keeping your back flat and dumbbells at shoulder height throughout.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				