

# DAY 1

- 3x8 Back Squat
- 2 rounds of:
  - 20 Dumbbell Alternating Walking Lunges (10 steps each leg)
  - 10 Dumbbell Step Ups (each side)
- 3 rounds of:
  - 6 Dumbbell Chest Press
  - 8 Push Ups
  - 8 Dumbbell Bicep Curls
  - 12 Dumbbell Alternating Crossbody Bicep Curls (6 each side)
- Plank Style Finisher
- 2 rounds of:
  - 12 Plank to Elbow Plank
  - 20 Alternating Plank Hip Dips
  - 10 Plank Walk Outs
  - 20 Alternating Spider Crunches (20 per side)

## PROGRESS TRACKING

WEEK 1	WEEK 3