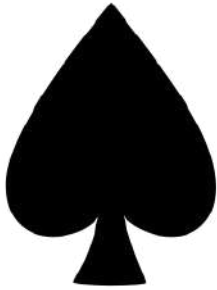
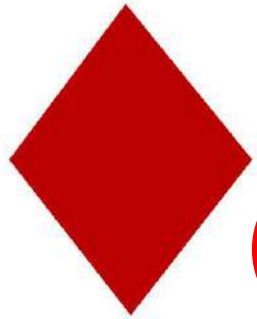
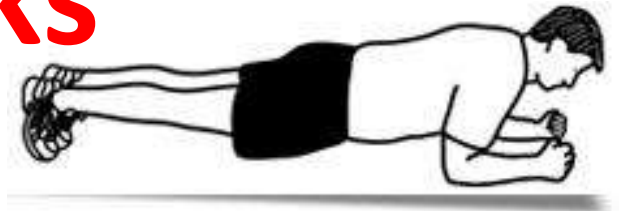




J,Q,K
(Core)



Planks



Choice Ab Exercise
(crunches, toe touches, v-ups)



Bird Dogs



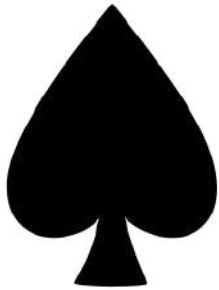
Stability Ball



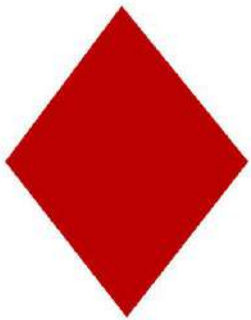
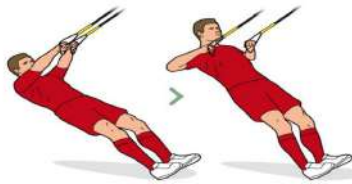


6-10

(TRX)



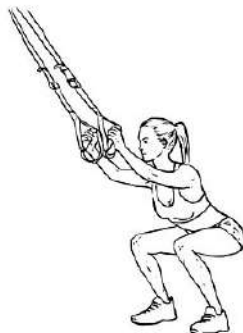
Back Pulls



Push ups



Side Lunges



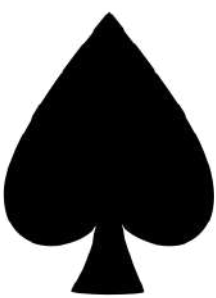
Squats



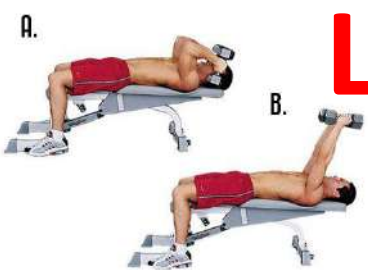
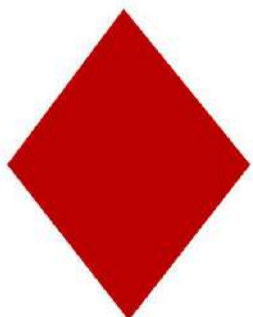
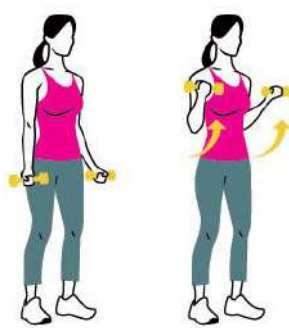
2-5



(Free Weights)



Bicep Curls



Laying Tricep Extensions



Upright Rows



Side and Front Raises

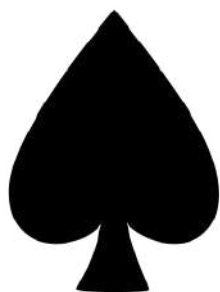




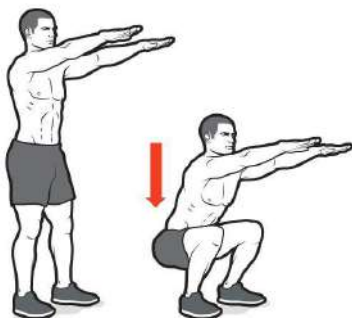
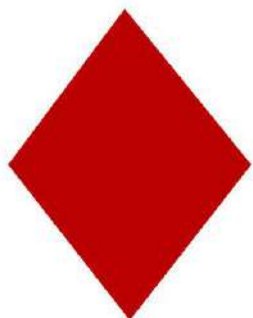
A- Ace



(Body Resistance w/
Cardio)



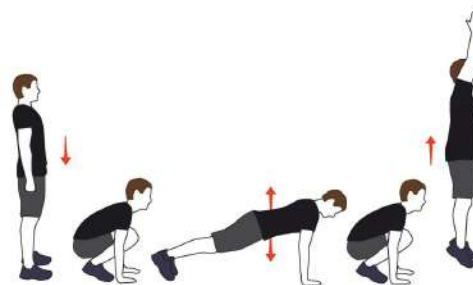
Mountain Climbers



Squats



Burpees



Lunges

