

**2-3 minute rest in-between
each set, after jump roping**

Agenda

- 2 minute warm-up (jump roping)

- 1st super set of 25 reps for each exercise

- 2 minutes of jump roping

- 2nd super set of 25 reps for each exercise

- 2 minutes of jump roping

- 3rd super set of 25 reps for each exercise

- 2 minutes of jump roping

- 2 minute cool-down (jump roping)

Finito!!!!!!

I usually choose 6 – 10 exercises listed according to which day it is:

1. Triceps Kickbacks
2. Triceps Pull-overs on stability ball
3. Dips using a chair
4. Push-ups
5. Chest Press on stability ball
6. Chest Flys using dumbbells
7. Squats with kettle ball
8. Lunges
9. Jump squats
10. Deadlifts with kettle ball or ankle weights
11. Leg lifts, while lying on your side(for outer thigh) with ankle weights
12. Kickbacks, while on all fours (for hamstrings) with ankle weights
13. Calf Raises holding free weights
14. Alternating Preacher curls on stability ball
15. Alternating Bicep Curls
16. Lateral Bicep curls
17. Bent over Rows with dumbbells
18. Bent over Dumbbell Pull downs
19. Lower back extensions on stability ball
20. Mountain Climbers
21. Lateral shoulder raise
22. Front shoulder raises
23. Rear Delt Flys with dumbbells
24. Arnold press on stability ball
25. Shoulder Press
26. 1-3 minute planks & side planks (Minimum of 25 seconds)
27. Lower Abs crunches holding stability ball
28. Crunches on stability ball, or while holding medicine ball
29. Spider crunches

Monday

1. Triceps Kickbacks
2. Triceps Pull-overs on stability ball
3. Dips using a chair
4. Push-ups
5. Chest Press on stability ball
6. Chest Flys using dumbbells
7. 1-3 minute planks & side planks (Minimum of 25 seconds)

Tuesday

1. Alternating Preacher curls on stability ball
2. Alternating Bicep Curls
3. Lateral Bicep curls
4. Rows with dumbbells
5. Dumbbell Pull downs
6. Lower back extensions on stability ball

Wednesday

1. Squats with kettle ball
2. Lunges
3. Jump squats
4. Deadlifts with kettle ball or ankle weights
5. Leg lifts, while lying on your side (for outer thigh) with ankle weights
6. Kickbacks, while on all fours (for hamstrings) with ankle weights
7. Calf Raises holding free weights
8. Lower Abs crunches holding stability ball
9. Crunches on stability ball, or while holding medicine ball

Thursday

1. Lateral shoulder raise
2. Front shoulder raises
3. Arnold press on stability ball
4. Rear Delt Flys with dumbbells
5. Mountain Climbers
6. Shoulder Press
7. Spider Crunches

Friday

1. Alternating Preacher curls on stability ball
2. Alternating Bicep Curls
3. Lateral Bicep curls
4. Bent over Dumbbell Rows
5. Bent over Pull downs with dumbbells
6. Lower back extensions on stability ball