

GET IN THE MINDSET FOR EXERCISE!

by Coach Lee Agbohlah



DAY 1

Squat 3 x 15-20 reps
Modified push ups/ push ups 3 x 8-12 reps
Inverted row 3 x 8-12 reps
Glute bridge 3 x 15-20 reps
Planks 3 x 20-30 secs
Russian twists 3 x 20-30 reps
Rest as needed

DAY 2

Cardio - Choose either option:
(A) Walk 30 - 45 minutes
(B) Jog 30 minutes
(C) Bike 30 minutes

DAY 3

Lunges 20 - 30 reps
Front Shoulder raises 2 x 8-15 reps
Post Shoulder raises 2 x 10-15 reps
Single leg Glute bridges 10-12 reps
Dead Bu 20-30 secs
Bicycle Crunch 20-30 secs
Rest as needed

DAY 4

Cardio - Choose either option:
(A) Walk 30 - 45 minutes
(B) Jog 30 minutes
(C) Bike 30 minutes

DAY 5

Squat 3 x 15-20 reps
Modified push ups/ push ups 3 x 8-12 reps
Inverted row 3 x 8-12 reps
Glute bridge 3 x 15-20 reps
Planks 3 x 20-30 secs
Russian twists 3 x 20-30 reps
Rest as needed