



WEEK 3

Workout 1			
		<i>SETS</i>	<i>REPS</i>
A1	TRX WIDE SQUAT AND NARROW SQUAT	3	20 EA
A2	TRX ROW W PAUSE AT TOP	3	15
B1	TRX REVERSE LUNGE TO HIGH KNEE	3	15 EA
B2	TRX FEET ELEVATED CHEST PRESS	3	15
C1	TRX STAR PLANK	3	40 SEC
C2	TRX HIP THRUST	3	25 EA
C3	LYING LEG ABDUCTION (JANE FONDA)	3	30 EA
D	ALTERNATING STEP UP	3	2 Minutes

Workout 2			
		<i>SETS</i>	<i>REPS</i>
A1	TRX POWER PULL	3	15 EA
A2	TRX KNEE INS WITH 1 SEC AB SQUEEZE	3	10
B1	TRX ASSISTED PULLUP	3	8
B2	TRX SINGLE LEG HIP FLEXION WITH HOP	3	10 EA
C1	TRX T/Y/I	2	10 EA
C2	TRX BICEPS	2	20
C3	TRX REVERSE TRICEPS	2	20
C4	TRX SINGLE LEG ATOMIC PUSHUP	2	15

Workout 3		<i>SETS</i>	<i>REPS</i>
	WARMUP JOG		10 MIN
	RUN 7 MIN MILE PACE		1 MIN
	WALK		2 MIN
	REPEAT X 8		

Workout 4			
		<i>SETS</i>	<i>REPS</i>
A1	TRX SINGLE LEG SQUAT	4	10 EA
A2	TRX SINGLE ARM FALLOUT	3	15
A3	TRX STANDING ROTATION	3	10 EA
B1	SINGLE LEG TOE TOUCH W BALANCE	3	15 EA
B2	TRX ROW WITH ROTATION	3	10 EA
B3	TRX SIDE PLANK W SCISSOR	4	20 SEC EA

C1	TRX WIDE OUTS	4	15
C2	TRX OBLIQUE CRUNCH	4	10
C3	TRX BRIDGE ISOMETRIC HOLD	4	30 SEC

Workout 5		<i>SETS</i>	<i>REPS</i>
	WALK/RUN	1	45 Minutes