

THURSDAY FOCUS: Legs, Arms

1. Forward walking lunges 10 per side (July: X2)
2. Backward walking lunges 10 per side (July: X2)
3. Standing Squats 10 (X3)
4. Single leg Romanian Dead Lift 8 per leg (July 10 per leg)
5. 4 X 4 Leg Balance (July X2)
6. Wall Sits 30sec- 2 min
7. Pushups (10-25)
 - a. Standing Pushups
 - b. Horizontal pushups
 - c. Holds
8. Sit-ups- 15 (x2)
 - a. halfway pause, controlled down
9. Bicycle 15 (x2)
10. Russian Twists 15 (X2)