

<b>BEGINNER OPTION FULL BODY</b>				
1 TIME THROUGH IS ABOUT 10 MINUTES		REPEAT 2 OR 3 TIMES DEPENDING ON CLIENT LEVEL		
EXERCISE	WEIGHT	EXERCISE RANGE	TRAVEL TYPE	TRAVEL RANGE
MACHINE CHEST PRESS		TO FATIGUE		
			LATERAL HI KNEE CONES	5 CONES UP AND BACK
UNDULATING ROPE		30 SECONDS		
MACHINE BACK ROW		TO FATIGUE		
			WALKING PLANK	5 TO 10 PACES DEPENDING
KB SWING		10-15 REPS		ON LEVEL OF MEMBER
MACHINE LEG PRESS		TP FATIGUE		
			BUNNY HOPS	5 CONES UP AND BACK
JUMP SQUAT		10 REPS		
<b>EXERCISE</b> = CHOICE OF EXERCISE. CHOOSE 1 TRADITIONAL, 1 FUNCTIONAL				
<b>WEIGHT</b> = TYPE OF LOAD				
<b>EXERCISE RANGE</b> = REPS, TIME ETC				
<b>TRAVEL TYPE</b> = MOVEMENT BETWEEN EX: CONES, WALKING PUSH UPS ETC				
CAN ALSO USE STATIONARY MOVES SUCH AS BURPEES ETC.				
<b>TRAVEL RANGE</b> = HOW MANY OR HOW FAR				