

INTERMEDIATE OPTION FULL BODY				
1 TIME THROUGH IS ABOUT 10 MINUTES		REPEAT 3 OR 4 TIMES DEPENDING ON CLIENT LEVEL		
EXERCISE	WEIGHT	EXERCISE RANGE	TRAVEL TYPE	TRAVEL RANGE
MACHINE CHEST PRESS OR DB PRESS		TO FATIGUE		
			PUSH UP WALK	TO FAILURE
BALL SLAM		10 REPS		
MACHINE BACK ROW		TO FATIGUE		
			LATERAL HOP CONES	5 CONES UP AND BACK
KB SWING		30 SECONDS		
MACHINE LEG PRESS		TO FATIGUE		
			WALKING LUNGE	10 PACES UP AND BACK
JUMP SQUAT		10 REPS		
EXERCISE = CHOICE OF EXERCISE. CHOOSE 1 TRADITIONAL, 1 FUNCTIONAL				
WEIGHT = TYPE OF LOAD				
EXERCISE RANGE = REPS, TIME ETC				
TRAVEL TYPE = MOVEMENT BETWEEN EX: CONES, WALKING PUSH UPS ETC				
CAN ALSO USE STATIONARY MOVES SUCH AS BURPEES ETC.				
TRAVEL RANGE = HOW MANY OR HOW FAR				