

ADVANCED 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
BARBELL SQUAT		20 REPS		
			WALKING LUNGE	10 PACES
KETTLEBELL RACKED SQUAT PRESS		10 REPS		
INC DUMBBELL PRESS		TO FAILURE		
			WALKING PUSH UP	10 PACES
ROPE SLAMS		30 SECONDS		
DUMBBELL SHOULDER PRESS		TO FAILURE		
			DROP DOWN CONES	5 CONES
DB DEVIL PRESSES		10 REPS		
BARBELL BACK ROW		10 REPS		
			LATERAL HOP CONES	5 CONES UP AND BACK
KB CLEAN & PRESS ALTERNATING SIDES		30 SECONDS		
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				