

Week One

Monday

Exercise	Target	Weight Used	1st Circuit	2nd Circuit
Squat	10-15 reps	kg		
Press-Up	10-15 reps			
Aquaman	10-15 reps			
Leg Lower	10-15 reps			
Bent-over row	10-15 reps	kg		
Lateral raise	10-15 reps	kg		
Bicep curl	10-15 reps	kg		
Lying tricep extension	10-15 reps	kg		

Wednesday

Exercise	Target	Weight Used	1st Circuit	2nd Circuit
Clock Squat	10-15 reps			
Standing four-point press	10-15 reps	kg		
Swiss ball back extension	10-15 reps			
Swiss ball press-up	10-15 reps			
Two-point box	10-15 reps			
Swiss ball reverse flye	10-15 reps	kg		
Swiss ball crunch	10-15 reps			
Side Plank	30secs, both sides			

Friday

Exercise	Target	Weight Used	1st Circuit	2nd Circuit
Star jump	30 secs			
Standing push press	30 secs	kg		
Alternate leg squat thrust	30 secs			
Dumb-bell Russian twist	30 secs	kg		
Power clean	30 secs	kg		
Lunge	30secs alternating legs	kg		
Press-up with rotation	30secs, alt. sides			
Overhead raise	30 secs	kg		

Week Two

Monday

Exercise	Target	Weight Used	1st Circuit	2nd Circuit
Squat	10-15 reps	kg		
Shoulder press	10-15 reps	kg		
Stiff leg deadlift	10-15 reps	kg		
Swiss ball crunch	15-20 reps			
Bent-over row	10-15 reps	kg		
Press-up	15-20 reps			
Bicep curl	10-15 reps	kg		
Lying tricep extension	10-15 reps	kg		

Wednesday

Exercise	Target	Weight Used	1st Circuit	2nd Circuit
Clock Squat	10-15 reps			
Standing four-point press	10-15 reps	kg		
One leg deadlift	10-15 reps	kg		
Prone roll-out	10-15 reps			
Swiss ball wide row	10-15 reps	kg		
Prone jackknife	10-15 reps			
Side Plank	40secs, both sides			
Two-point box	10-15 reps			

Friday

Exercise	Target	Weight Used	1st Circuit	2nd Circuit
Dumb-bell boxing	35 secs	kg		
Star jump	35 secs			
Press-up with rotation	35 secs			
Dumb-bell Russian twist	35 secs	kg		
Side lunge	35 secs, alt sides	kg		
Overhead raise	35 secs	kg		
Power clean	35 secs	kg		
Step-up	35 secs, each leg	kg		

Week Three

Monday

Exercise	Target	Weight Used	1st Circuit	2nd Circuit
Squat Push Press	10-15 reps	kg		
Swiss ball crunch	20-25 reps			
Stiff leg deadlift	10-15 reps	kg		
Press-up	15-20 reps			
Bent-over row	10-15 reps	kg		
Lateral Raise	10-15 reps	kg		
Bicep curl	10-15 reps	kg		
Lying tricep extension	10-15 reps	kg		

Wednesday

Exercise	Target	Weight Used	1st Circuit	2nd Circuit
One leg squat	10-15 reps			
Prone jackknife	10-15 reps			
Swiss ball wide row to overhead press	10-15 reps	kg		
Supine bridge sway	10-15 reps, each side			
One leg deadlift	10-15 reps, each leg	kg		
Swiss ball crunch	20-25 reps			
Swiss ball Russian twist	10-15 reps, each side	kg		
Side plank	40secs, both sides			

Friday

Exercise	Target	Weight Used	1st Circuit	2nd Circuit
Power press-up	30 secs			
Dumb-bell woodchop	30 secs, each side	kg		
Jumping lunge	30 secs			
Standing push press	30 secs	kg		
Alternate leg squat thrust	35 secs, alt sides			
Power clean	30 secs	kg		
Dumb-bell boxing	30 secs	kg		
Step-up	30 secs, each leg	kg		

Week Four

Monday

Exercise	Target	Weight Used	1st Circuit	2nd Circuit
Squat	10-15 reps	kg		
Press-up	15-20 reps			
Lying tricep extension	10-15 reps	kg		
Bent-over row to deadlift	10-15 reps	kg		
Bicep curl to press	10-15 reps	kg		
Lunge	10-15 reps	kg		
Swiss ball crunch	20-25 reps			
Lateral raise	10-15 reps	kg		

Wednesday

Exercise	Target	Weight Used	1st Circuit	2nd Circuit
One leg squat	10-15 reps, each leg			
Prone jackknife to press-up c	10-15 reps			
Swiss ball wide row to overhead press	10-15 reps	kg		
One leg deadlift	10-15 reps, each leg	kg		
Swiss ball crunch	20-25 reps			
Side plank	40secs, both sides			
Swiss ball Russian twist	10-15 reps, each side	kg		
One leg overhead raise	10-15 reps, each side	kg		

Friday

Exercise	Target	Weight Used	1st Circuit	2nd Circuit
Clean and jerk	40 secs	kg		
Dumb-bell woodchop	20 secs, each side	kg		
Burpee	40 secs			
Dumb-bell boxing	40 secs	kg		
Jumping lunge with twist	40 secs	kg		
Power press-up	40 secs			
Overhead raise	40 secs	kg		
Step-up	40 secs, each leg	kg		