

Phase 1: **Day 1/5**

Aesthetic Postural Power (APP) Warm-Up Drill		SETS	REPS							
All Four Reach		1	5 Breaths							
CIRCUIT A	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	
Goblet Squat Holding Backpack	1	2	10F							
	2	3	10F							
	3	4	10F							
	4	5	10F							
Countertop Push-Ups	1	2	10 F							
	2	3	10 F							
	3	4	10F							
	4	5	10 F							
CIRCUIT B			REPS		SET 2	SET 3	SET 4	SET 5	SET 6	\checkmark
Romanian Deadlift Holding Backpack	1	1	15							
	2	2	15							
	3	2	15							
	4	2	15							
Clamshells using heavy book	1	1	10/side							
	2	2	10/side							
	3	2	10/side							
	4	2	10/side							
CIRCUIT C	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	~
Push-Up Plank	1	1	5 breaths							
	2	2	5 breaths							
	3	2	5 breaths							
	4	2	5 breaths							
Side Planks	1	1	5 breaths							
	2	2	5 breaths							
	3	2	5 breaths							
	4	2	5 breaths							
OPTIONAL HOLLYWOOD CIRCUIT	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	$\overline{\mathbf{A}}$
Glutes—Bodyweight Glute Bridge	1	1	AMRAP							
, , ,	2	2	AMRAP							
	3	2	AMRAP							
	4	3	AMRAP							
Shoulders/Posture—Bent Over Ys	1	1	AMRAP							H
zzg.ig.ig.ig.ig.ig.ig.ig.ig.ig.ig.ig.ig.	2	2	AMRAP							
	3	2	AMRAP							
	4	3	AMRAP							



Phase 1: **Day 2/5**

Aesthetic Postural Power (APP) Warm-Up Drill		SETS	REPS							
Bird Dog		1	5/side							
CIRCUIT A	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	~
Romanian Deadlift Holding Backpack	1	2	15 F							
	2	3	15 F							
	3	4	15 F							
	4	5	15 F							
Downward Dog	1	2	10							
	2	3	10							
	3	4	10							
	4	5	10							
CIRCUIT B	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	\checkmark
Glute Bridge with backpack on lap	1	1	15							
	2	2	15							
	3	2	15							
	4	2	15							
Chair-Supported Backpack Row	1	1	10/side							
	2	2	10/side							
	3	2	10/side							
	4	2	10/side							
CIRCUIT C					SET 2		SET 4	SET 5	SET 6	~
Push-Up Plank	1	1	5 breaths							
	2	2	5 breaths							
	3	2	5 breaths							
	4	2	5 breaths							
Side Planks	1	1	5 breaths							
	2	2	5 breaths							
	3	2	5 breaths							
	4	2	5 breaths							
OPTIONAL HOLLYWOOD CIRCUIT	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	~
Glutes—Donkey Kicks	1	1	AMRAP							
	2	2	AMRAP							
	3	2	AMRAP							
	4	3	AMRAP							
Glutes—Clamshells	1	1	AMRAP							
	2	2	AMRAP							
	3	2	AMRAP							
	4	3	AMRAP							

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Bouyweig	, in Workout		m. End		4 1					
			Salar							
Phase 1: Day 3/5					127					
Aesthetic Postural Power (APP) Warm-Up Drill		SETS	REPS							
90/90 Hip Lift on couch with towel		1	5 breaths							
CIRCUIT A	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	~
1-Arm Shoulder Press with Backpack	1	2	7F							
	2	3	7F							
	3	4	7 <mark>F</mark>							
	4	5	7F							
Glute Bridge with backpack on lap	1	2	7F							
	2	3	7F							
Load this one up as heavy as you can (safely)	3	4	7F							
	4	5	7 <mark>F</mark>							
CIRCUIT B	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	~
Romanian Deadlift Holding Backpack	1	1	10							
	2	2	10							
	3	2	10							
	4	2	10							
Clamshells using heavy book	1	1	10/side							
	2	2	10/side							
	3	2	10/side 10/side							
CIRCUIT C	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	√
Push-Up Plank	1	1	5 breaths	3211	3212	3213	JE1 4	3213	321 0	
- asii op i aliik	2	2	5 breaths							
	3	2	5 breaths							
	4	2	5 breaths							
Goblet Squat Holding Backpack	1	1	7							Ī
	2	2	7							
	3	2	7							
	4	2	7							
OPTIONAL HOLLYWOOD CIRCUIT	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	~
Abs—Reverse Crunches	1	1	AMRAP							
	2	2	AMRAP							
	3	2	AMRAP							
	4	3	AMRAP							
Shoulders/Posture—Bent Over Ys	1	1	AMRAP							
	2	2	AMRAP							
	3	2	AMRAP							

Outlive Women's Bodyweig	No Equipmer ht Workout								
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Phase 1: Day 4/5						Activities of the second			
		North Contract	The of	Miss I have been a second	N. S. C. C.				The same of the sa
Aesthetic Postural Power (APP) Warm-Up Drill									
Cat Camel		1	5						
CIRCUIT A			REPS		SET 2	SET 3	SET 4	SET 5	SET 6
Split Squat Holding Backpack	1	2	7F						
	2	3	7 <mark>F</mark>						
Aim for 7 reps per side so 14 reps in total	3	4	7F						
	4	5	7 <mark>F</mark>						
Countertop Push-Ups	1	2	10 F						
	2	3	10 F						
	3	4	10F						
	4	5	10 F						
CIRCUIT B	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6 ✓
Romanian Deadlift Holding Backpack	1	1	15						
	2	2	15						
	3	2	15						
	4	2	15						
Donkey Kick	1	1	12/side						
	2	2	12/side						
	3	2	12/side						
	4	2	12/side						
CIRCUIT C	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
Push-Up Plank	1	1	5 breaths						
	2	2	5 breaths						
	3	2	5 breaths						
	4	2	5 breaths						
Side Planks	1	1	5 breaths						
	2	2	5 breaths						
	3	2	5 breaths						
	4	2	5 breaths						
OPTIONAL HOLLYWOOD CIRCUIT	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
Glutes—Hip Thrust on couch	1	1	AMRAP						
	2	2	AMRAP						
	3	2	AMRAP						
	4	3	AMRAP						
Glutes—Clamshells	1	1	AMRAP						
	2	2	AMRAP						

