

Each exercise is to be performed in a circuit. First round is 21 reps, then 15 reps, then 9 reps.

3 Day Split

Always aim to beat your time

Full Body Resistance and Cardio All In One

	Week 1	Week 1	Week 1	Week 2	Week 2	Week 2	Week 3	Week 3	Week 3	Week 4	Week 4	Week 4
	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3
Month 1												
Bent over dumbbell row 21-15-9												
Standing dumbbell press 21-15-9												
Squat 21-15-9												
Burpee 21-15-9												
Crunch 21-15-9												
Month 2												
Dumbbell thruster 21-15-9												
TRX inverted row 21-15-9												
Lunge 21-15-9												
Push up 21-15-9												
Month 3												
Single arm dumbbell snatch 21-15-9												
Squat 21-15-9												
Dips 21-15-9												
Lat raise 21-15-9												
Toe toucher 21-15-9												