



Women's Fitness Routine (At Gym)			
Dynamic Warmup	Sets	Reps	Load
Cardio Piece of Choice	1	3 Minutes	Level 6
Stick Mobility OH Squat Good Morning Stretch 1 Arm Lat/Hamstring Stretch	1	15 Reps Each	Wooden Dowel
Banded Movement Lateral Walks 3 Way Toe Touch Monster Walks	1	20 Reps Each	Black
Static Band Activation (Lower) Clam Shells Hip Bridges Leg Lifts	2	20 Reps Each	Black
Static Band Activation (Upper) Band Pulses Arm Circles Retractions	2	20 Rep Each	Green
<b>Overload 1</b>			
Leg Press Front Box Taps Bosu Side Lunge into 1 Leg RDL Box Jumps Squat Machine Leg Extension Leg Curl	2	20	185 - 225lbs
		20/Leg	Bodyweight
		8/Leg	10lbs
		10	16" - 24" Box
		15	135 - 185lbs
		12	50 - 65lbs
		12	60 - 75lbs
<b>Cardio Piece of Choice</b>		<b>2 Minutes</b>	
<b>Overload 2</b>			
Machine Core Rotations DB Goblet Squat Walking Lunges Banded Donkey Kicks Banded Fire Hydrants DB Squat to Press TRX Rows	2	20/Side	15
		20	20 - 40lbs
		12/Leg	10 - 25lbs
		20/each	Black
		20/Each	Black
		20 Reps	10 - 25lbs
		20	Bodyweight
<b>Cardio Piece of Choice</b>		<b>2 Minutes</b>	
<b>Overload 3</b>			
Plank to Pushup Negative Only Chin Ups Side Plank Hip Dip Front Raise Lateral Raise Combo Bench Sit Ups Ab Roll Ups	2	10/Arm	Bodyweight
		8 Reps	6 Second Neg.
		25/side	Bodyweight
		20/Each	2.5 - 10lbs
		20	Bodyweight
		20	Bodyweight
<b>Cardio Piece of Choice</b>		<b>2 Minutes</b>	

**BRETT KAHANOWITCH**  
**DIRECTOR, SPORTS PERFORMANCE**  
**BRETT@SPORTSACADEMY.US**