Kait Ireland
Personal Training

Workout A

Exercise	Reps	Week 1		Week 2		Week 3		Week 4	
		Sets	Weight	Sets	Weight	Sets	Weight	Sets	Weight
A1. Chest Supported DB Row	10								
A2. Incline DB Press	10								
A3. Hip Thrust	10-20								
B1. Leg Press	10								
B2. Walking Lunges	20 steps								
C1. Plank	30-60 sec								
C2. Deadbug Twist	10 each side								
C3. Scaption	10								
D. Sprints 30sec :30sec	5-10								

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Workout B

Exercise	Reps	Week 1		Week 2		Week 3		Week 4	
		Sets	Weight	Sets	Weight	Sets	Weight	Sets	Weight
A1. Seated Cable Row	10								
A2. Bench Pushups	6-12								
A3. Sumo Squat	10								
B1. KB Deadlift	10								
B2. Step Up	10 R/L								
C1. Deadbug	10 R/L								
C2.Diagonal Curl Up	10 R/L								
C3. Bicep Curp	10 R/L								
D. Jump Rop e: singles,"+", high knees	1 min jump/30 sec rest								

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Workout C

Exercise	Reps	Week 1		Week 2		Week 3		Week 4	
		Sets	Weight	Sets	Weight	Sets	Weight	Sets	Weight
A1. Lat Pulldown	10								
A2. Cable Chest Press	10								
A3. Birddog	10								
B1.Goblet Squat	10								
B2. SL Deadlift	10 R/L								
C1.Cable Woodchop Low to High	10 R/L								
C2.Med Ball Crunch	10 R/L								
C3. Tricep Extension	10 R/L								
D. Plyo Circuit:	20 lateral hops 10 box jumps 20 up and overs 20 skips								