




Week 3

TUESDAY

Exercise	Reps	Sets	Tempo	Rest (secs)	✓
Two Handed Swing	15	2	Normal		✓
Push Ups	15	2	Normal	60	✓
Static Lunge 	15	2	Normal		✓
Suitcase Row 	15	2	Normal	60	✓
Alternating Swing	15	2	Normal		✓
Side Plank 	30 secs	2	Hold	60	✓

