

# THURSDAY: X-TREME TOTAL BODY

Countdown

Weight Training Plan X

1

High Knees

2 sets 25 reps/side



4

Push Up Step Ups

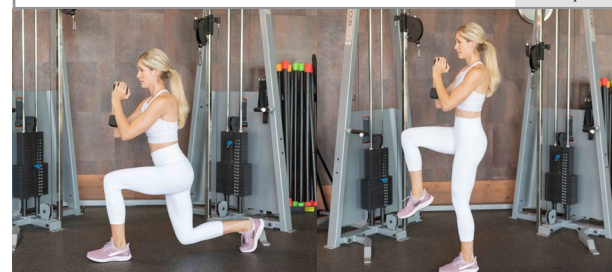
1 set 10 reps



7

Reverse Lunge to Knee Up

2 sets 10 reps/side



2

Plank Walk Outs + Push Up

1 set 10 reps



5

Hands to Forearm Plank

2 sets 10 reps



8

Stiff Leg Deadlift to Squat

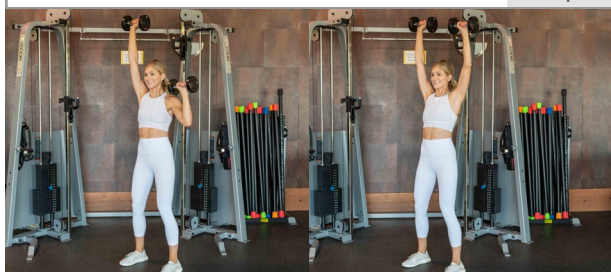
1 set 10 reps



3

Static Shoulder Press

2 sets 10 reps/side



6

Burpees

1 set 10 reps



9

Overhead Knees to Squat

2 sets 10 reps



## INSTRUCTIONS

Complete the suggested number of sets of each exercise before moving onto the next movement. Rest 30-60 seconds in between sets and 1-2 minutes in between exercises.

4

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