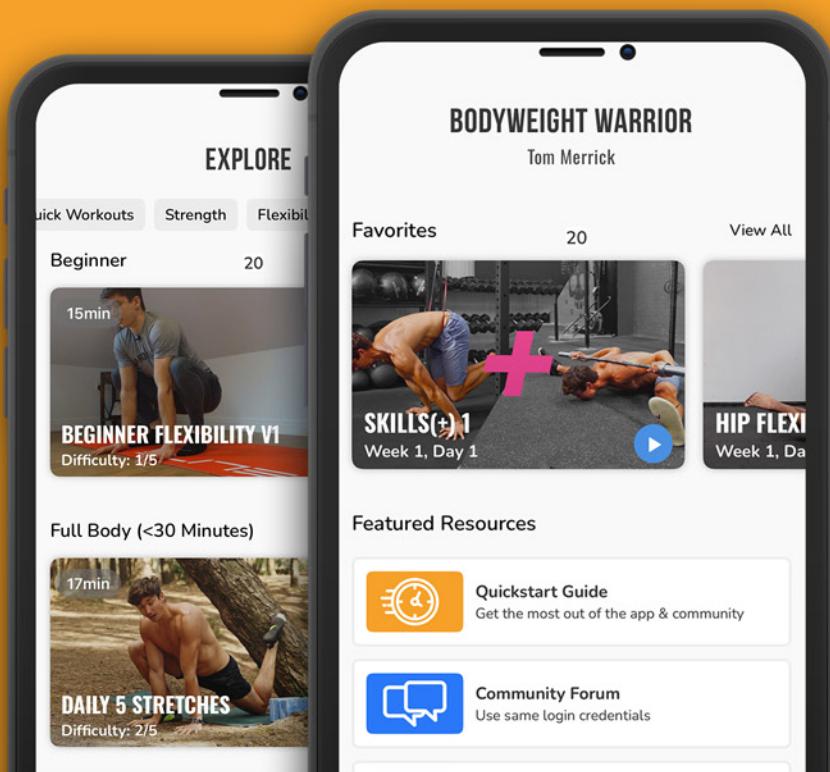


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PROGRAM SCHEDULE

V 2

3x PER WEEK

Week 1

- MON.** Full Body A
- TUE.** Rest
- WED.** Full Body B
- THU.** Rest
- FRI.** Full Body A
- SAT.** Rest
- SUN.** Rest

Week 2

- MON.** Full Body B
- TUE.** Rest
- WED.** Full Body A
- THU.** Rest
- FRI.** Full Body B
- SAT.** Rest
- SUN.** Rest

4x PER WEEK

- MON.** Full Body A
- TUE.** Full Body B
- WED.** Rest
- THU.** Full Body A
- FRI.** Full Body B
- SAT.** Rest
- SUN.** Rest

Additional stretching routines or steady state cardio could be added on rest days or after sessions. Choose from any of the follow along or other routines detailed on the YouTube channel.

FOLLOW ALONG

FULL BODY A - AT HOME V2

ROUTINE

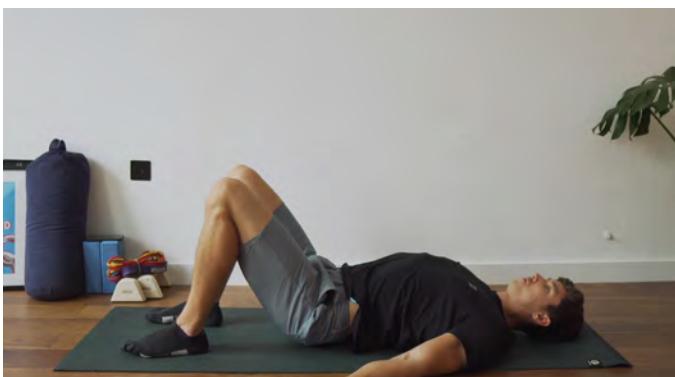
WARM UP. Wrist Clock Walk - 3-5 circles



WARM UP. Scapula Push Up - 8-10 reps



WARM UP. Hip Thrust - 8-10 reps



WARM UP. Push Up - 8-10 reps



FOLLOW ALONG

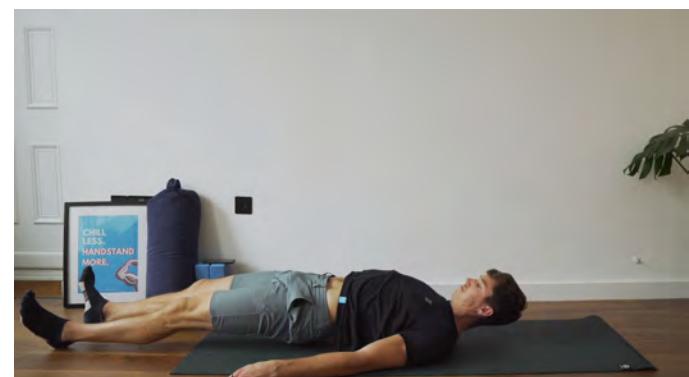
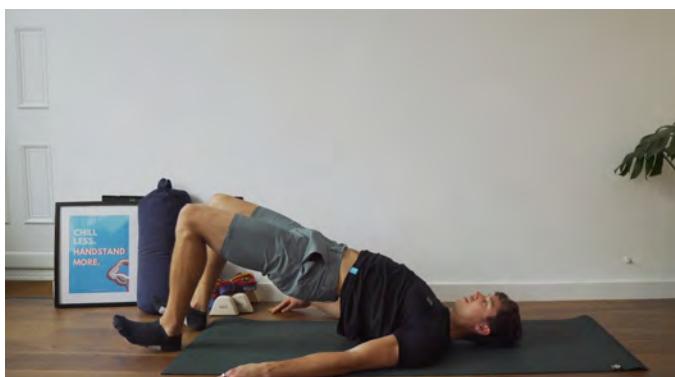
FULL BODY A - AT HOME V2

ROUTINE

A1. Nordic Curl Isometric - 3-4 sets x 20-30 seconds | Rest 10s between A1>A2



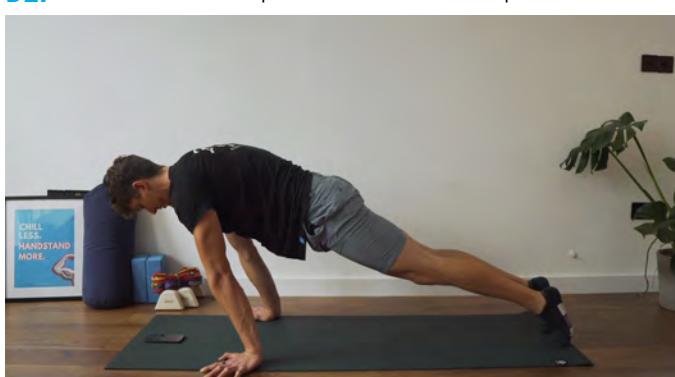
A2. Slider Hamstring Curl - 3-4 sets x 4-8 reps | Rest 90-120s between A2>A1



B1. Planche Lean - 3-4 sets x 20-30 seconds | Rest 10s between B1>B2



B2. Planche Push Up- 3-4 sets x 6-10 reps | Rest 10s between B2>B3



FOLLOW ALONG

FULL BODY A - AT HOME V2

ROUTINE

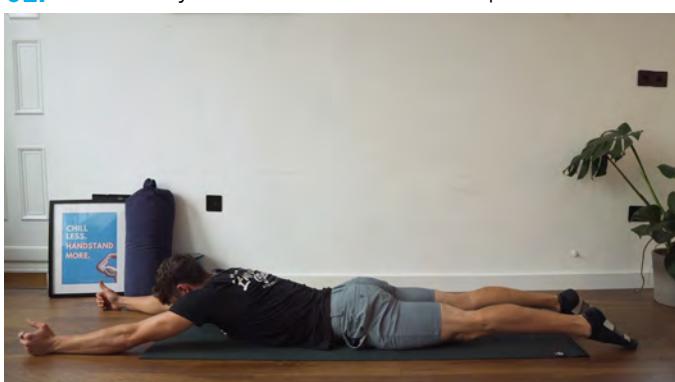
B3. Sphynx Push Up - 3-4 sets x 8-12 reps | Rest 90-120s between B3>B1



C1. Band Lateral Raise - 2-3 sets x 10-14 reps | Rest 10s between C1>C2



C2. Arch Body Lift - 2-3 sets x 10-14 reps | Rest 60s between C2>C1



ENJOYING THE ROUTINES?

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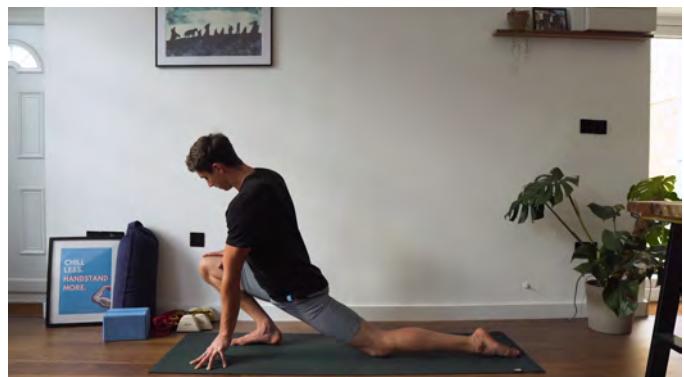
FULL BODY B - AT HOME V2

ROUTINE

WARM UP. Split Squat - 5 reps per side



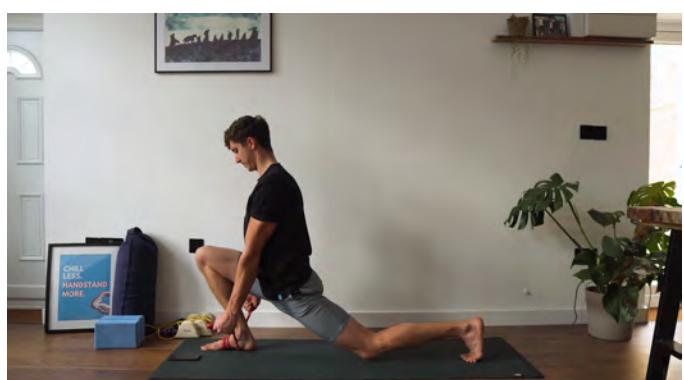
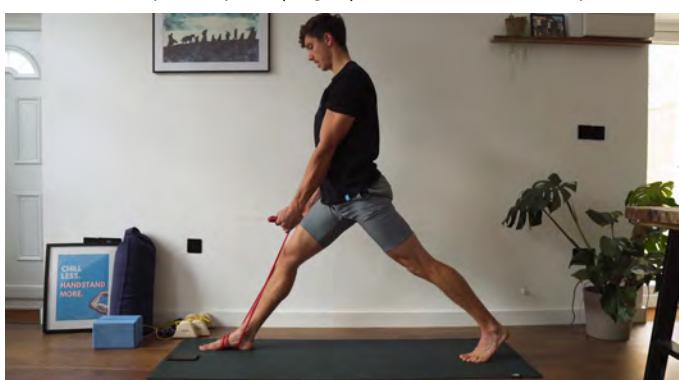
WARM UP. Ankle Stretch - 20 seconds per side



A1. Split Squat Isometric (Right) - 3-4 sets x 20-30 seconds | Rest 10s between A1>A2



A2. Band Split Squat (Right) - 3-4 sets x 4-8 reps | Rest 60s between A2>A3



FOLLOW ALONG

FULL BODY B - AT HOME V2

ROUTINE

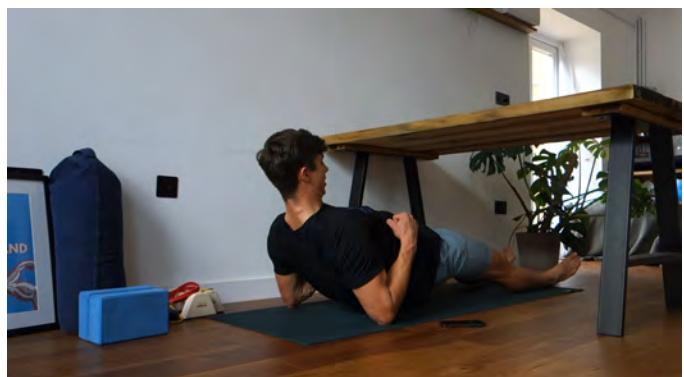
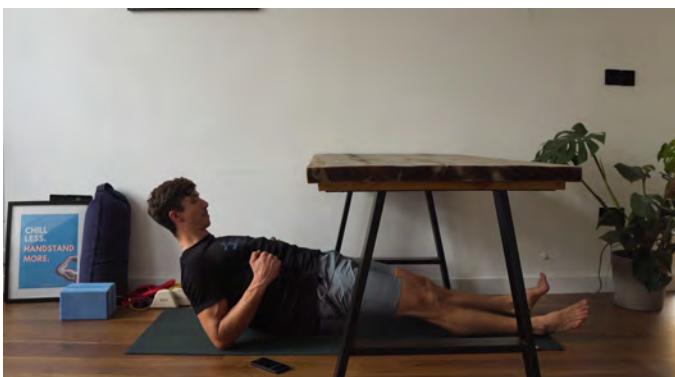
A3. Split Squat Isometric (Left) - 3-4 sets x 20-30 seconds | Rest 10s between A3>A4



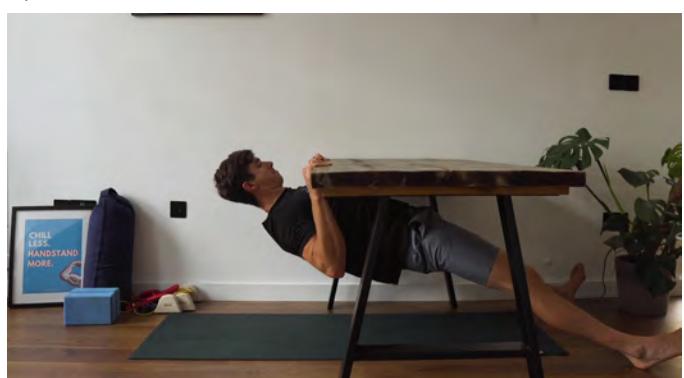
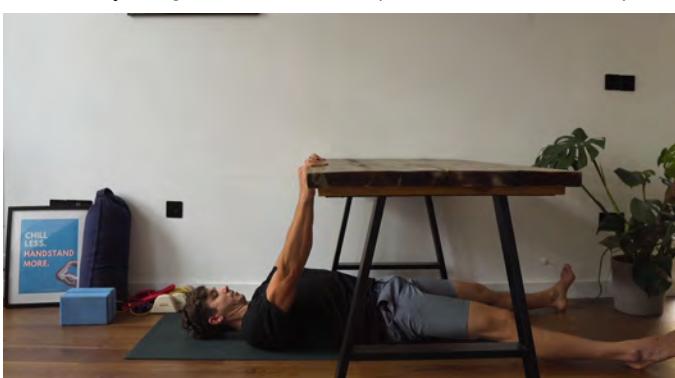
A4. Band Split Squat (Left) - 3-4 sets x 4-8 reps | Rest 60s between A4>A1



B1. Floor Row Isometric - 3-4 sets x 20-30 seconds | Rest 10s between B1>B2



B2. Bodyweight Row / Chin Up- 3-4 sets x 6-10 reps / 4-8 reps | Rest 10s between B2>B3



FOLLOW ALONG

FULL BODY B - AT HOME V2

ROUTINE

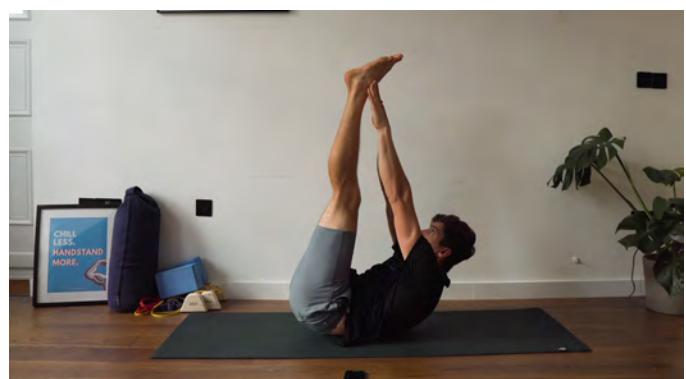
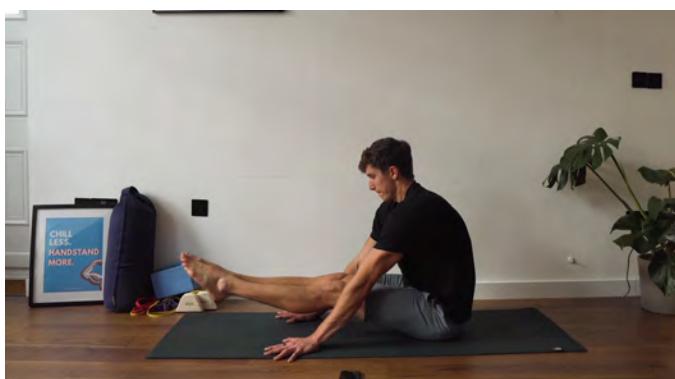
B3. Band Bicep Curl - 3-4 sets x 8-12 reps | Rest 90-120s between B3>B1



C1. Prone Military Press - 2-3 sets x 10-14 reps | Rest 10s between C1>C2



C2. Pike Compression To Toe Touch - 2-3 sets x 10-14 reps | Rest 60s between C2>C1



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