

Workout Schedule 1/1/2018-14/1/2018

MONDAY Legday	<input type="checkbox"/> 5 min warmup <input type="checkbox"/> 5 min stretch <input type="checkbox"/> Barbell back squat 3x8 <input type="checkbox"/> Hip Thrusts 3x8 <input type="checkbox"/> Walking Lunge 3x8 <input type="checkbox"/> Calf Raise 3x8 <input type="checkbox"/> Deadlifts 3x8 <input type="checkbox"/> Donkey kicks 3x8
TUESDAY Arms, back & shoulders	<input type="checkbox"/> 5 min warmup <input type="checkbox"/> 5 min stretch <input type="checkbox"/> Tricep Dips 3x8 <input type="checkbox"/> Hammer Curls 3x8 <input type="checkbox"/> Chin Ups 3x8 <input type="checkbox"/> Seated Shoulder Press 3x8 <input type="checkbox"/> Bent Over Dumbbell Row 5x5 <input type="checkbox"/> bench press 3x8 <input type="checkbox"/> decline push ups 3x8
WEDNESDAY Teach Dance	<input type="checkbox"/> Teach dance class 2 hours	
THURSDAY Legday Follow Dance Class	<input type="checkbox"/> 5 min warmup <input type="checkbox"/> 5 min stretch <input type="checkbox"/> Sumo Deadlifts 3x8 <input type="checkbox"/> Lunges Lifted Back Leg 3x8 <input type="checkbox"/> Hip Thrusts 3x8 <input type="checkbox"/> Dumbbell Step Up 3x8 <input type="checkbox"/> Frog Squat 3x8 <input type="checkbox"/> Follow Dance class 2 hours
FRIDAY Abs & Yoga	<input type="checkbox"/> 5 min warmup <input type="checkbox"/> 5x 1min plank & 1min rest <input type="checkbox"/> Russian Twists 3x10 <input type="checkbox"/> Ab pull-ins with medicin ball 3x10 <input type="checkbox"/> Knee ups on bench 3x10 <input type="checkbox"/> yoga flow
SATURDAY Legday	<input type="checkbox"/> 5 min warmup <input type="checkbox"/> 5 min stretch <input type="checkbox"/> Overhead lunges 3x8 <input type="checkbox"/> Step-ups 3x8 <input type="checkbox"/> Barbell Front Squat 3x8 <input type="checkbox"/> 50 air squats
SUNDAY Restday	<input type="checkbox"/> Rest	

<p style="text-align: center;">MONDAY Legday</p>	<ul style="list-style-type: none"> O 5 min warmup O 5 min stretch O Barbell back squat 3x8 O Hip Thrusts 3x8 O Walking Lunge 3x8 O Calf Raise 3x8 O Deadlifts 3x8 O Donkey kicks 3x8 	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p style="text-align: center;">TUESDAY Arms, back & shoulders</p>	<ul style="list-style-type: none"> O 5 min warmup O 5 min stretch O Tricep Dips 3x8 O Hammer Curls 3x8 O Chin Ups 3x8 O Seated Shoulder Press 3x8 O Bent Over Dumbbell Row 5x5 O bench press 3x8 O decline push ups 3x8 	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p style="text-align: center;">WEDNESDAY Teach Dance</p>	<ul style="list-style-type: none"> O Teach dance class 2 hours 	
<p style="text-align: center;">THURSDAY Legday Follow Dance Class</p>	<ul style="list-style-type: none"> O 5 min warmup O 5 min stretch O Sumo Deadlifts 3x8 O Lunges Lifted Back Leg 3x8 O Hip Thrusts 3x8 O Dumbbell Step Up 3x8 O Frog Squat 3x8 O Follow Dance class 2 hours 	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p style="text-align: center;">FRIDAY Abs & Yoga</p>	<ul style="list-style-type: none"> O 5 min warmup O 5x 1min plank & 1min rest O Russian Twists 3x10 O Ab pull-ins with medicin ball 3x10 O Knee ups on bench 3x10 O yoga flow 	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p style="text-align: center;">SATURDAY Legday</p>	<ul style="list-style-type: none"> O 5 min warmup O 5 min stretch O Overhead lunges 3x8 O Step-ups 3x8 O Barbell Front Squat 3x8 O 50 air squats 	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p style="text-align: center;">SUNDAY Restday</p>	<ul style="list-style-type: none"> O Rest 	

Workout Schedule 15/1/2018-28/1/2018

MONDAY Legday	<ul style="list-style-type: none"> O 5 min warmup O 5 min stretch O Barbell back squat 4x6 O Hip Thrusts 4x6 O Walking Lunge 4x6 O Calf Raise 3x8 O Deadlifts 5x6 O Donkey kicks 3x8 	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
TUESDAY Arms, back & shoulders	<ul style="list-style-type: none"> O 5 min warmup O 5 min stretch O Tricep Dips 4x6 O Hammer Curls 4x6 O Chin Ups 3x8 O Seated Shoulder Press 4x6 O Bent Over Dumbbell Row 4x6 O bench press 4x6 O decline push ups 3x8 	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
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THURSDAY Legday Follow Dance Class	<ul style="list-style-type: none"> O 5 min warmup O 5 min stretch O Sumo Deadlifts 4x6 O Lunges Lifted Back Leg 4x6 O Hip Thrusts 4x6 O Dumbbell Step Up 4x6 O Frog Squat 3x8 <p>O Follow Dance class 2 hours</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
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