

LEX BANNISTER FITNESS

Monday:

1. Warm Up - however you like (jump rope, running, etc.)
2. Chest Press or Push Ups - 10 reps, 3 sets
3. Pike Push Ups - 10 reps, 3 sets
4. Squat Jumps - 10 reps, 3 sets
5. Abs - (flutter kicks, yes/no, bicycle, etc.) 3 x 25

Tuesday:

1. 1 Legged Squats 3 x 10 (Put back leg on bench or chair)
2. Burpies 3 x 10
3. Lateral Raise
4. Front Raise
5. Rear Delt Raise 3 x 10
6. Abs 3 x 25

Thursday:

1. Push Ups (Hands aligned under arm pits) Go until failure
2. Skull Crushers 3 x 10
3. Kick Backs 3 x 10
4. Abs 3 x 10