



Day Of Week	Exercise	Sets	Reps/Time	Rest	
Monday	Unsupported 3 Month Supine with Leg Differentiation	3	8x/leg		
	Unsupported 3 Month Supine with Hip Extension	3	20s/leg	2mins	
	3 Month Kettlebell Pull Over	3	5	60s	
Tuesday	Unsupported 3 Month Supine with Leg Differentiation	3	8x/leg		
	Unsupported 3 Month Supine with Hip Extension	3	20s/leg	2mins	
	3 Month Kettlebell Pull Over	3	5	60s	
Wednesday	3 Month Kettlebell Pull Over	3	5	60s	
	High Flutter Kick	3	30s	60s	Can go into low flutter kick if this is too easy
Thursday	3 Month Kettlebell Pull Over	3	5	60s	
	High Flutter Kick	3	30s	60s	Can go into low flutter kick if this is too easy
Friday	Unsupported 3 Month Supine with Hip Extension	3	20s/leg		
	3 Month Kettlebell Pull Over	3	5		
	High Flutter Kick	3	30s	2mins	Can go into low flutter kick if this is too easy
Saturday	Unsupported 3 Month Supine with Hip Extension	3	20s/leg		
	3 Month Kettlebell Pull Over	3	5		
	High Flutter Kick	3	30s	2mins	Can go into low flutter kick if this is too easy