



Day Of Week	Exercise	Sets	Reps/Time	Rest	
Monday	3 Month Kettlebell Pull Over	3	5		
	Low Flutter Kick	3	30s		Can put arms overhead if this is too easy
	Side Bridge	3/side	15s	2mins	Perform bridge on each side before resting. Can raise top leg
Tuesday	3 Month Kettlebell Pull Over	3	5		
	Low Flutter Kick	3	30s		Can put arms overhead if this is too easy
	Side Bridge	3/side	15s	2mins	Perform bridge on each side before resting. Can raise top leg
Wednesday	3 Month Kettlebell Pull Over	3	5		
	Low Flutter Kick	3	30s		Can put arms overhead if this is too easy
	Side Bridge	3	15s/side	2mins	Perform bridge on each side before resting. Can raise top leg
Thursday	Low Flutter Kick	3	30s		Can put arms overhead if this is too easy
	Side Bridge Leg Abducted	3	15s/side		Perform exercise on each side before resting. Can perform repeated leg raises if too easy
	3 Month with Lateral Bends	3	30s	2mins	
Friday	Low Flutter Kick	3	30s		Can put arms overhead if this is too easy
	Side Bridge Leg Abducted	3	15s/side		Perform exercise on each side before resting. Can perform repeated leg raises if too easy
	3 Month with Lateral Bends	3	30s	2mins	
Saturday	Low Flutter Kick	3	30s		Can put arms overhead if this is too easy
	Side Bridge Leg Abducted	3	15s/side		Perform exercise on each side before resting. Can perform repeated leg raises if too easy
	3 Month with Lateral Bends	3	30s	2mins	