

<b>EXERCISE</b>	<b>DAY 1</b>	<b>DAY 15</b>	<b>DAY 30</b>
AGILITY HEISMAN			
IN & OUT AB PROGRESSION			
PULL-UPS/ PUSH-UPS			
MOUNTAIN CLIMBER SWITCH KICKS			
AGILITY SHOULDER TAPS			
X JUMPS			
MOVING PUSH-UPS			
AGILITY LATERAL SHUFFLE			
AGILITY BEAR CRAWL			

	<b>DAY 1</b>	<b>DAY 30</b>
CHEST		
RIGHT ARM		
LEFT ARM		
WAIST		
HIPS		
RIGHT THIGH		
LEFT THIGH		
WEIGHT		