



PH TransFORM Fit



Warm Up, Complete every exercise on each round for 1 minute, as many controlled (no momentum) reps as possible, and rest for 1 minute between rounds. Cool Down.

Warm Up

Inch Worm, Step Up, Wide Legged Forward Fold, High Lunge, Pigeon

Round 1

Bands: Hooked Bicep Pull, Tricep Overhead Pulls, Reverse Skier, Lat Pull Downs

Round 2

Body Weights: Close Elbow Push Ups (elevated), superman raises, Boat Pose Leg Raises, Bird Dog, Table Top Hover, Tabletop Twist

Round 3

Weighted: Traditional Squat, Box Step Ups, Hip Thrusters, Side Lying Leg Raises (abduct & adduct), Foot flex with ab ball

Cool Down

Figure 4, Windshield Wiper Knees, Supine Twist, WTY



✦ @prospectivelyhealthy ✦



PH TransFORM Fit



10 Reps Each Exercise, Complete Sets 1-4, Rest 1 Minute, Complete Steps 1-4, Cool Down

Warm Up

3 Min: Slow Motion Burpees, Mountain Pose, Side Bend

Station 1

Hipthrusters with Plates, Abductors with Band, Plank Rows

Station 2

Adductor with Bands, Pull Ups, 30 Second Pull Up Hang

Round 3

Bird Dogs, Weighted Bridge Raises

Station 4

Summo Squat, Kettlebell Swing, Weighted Lunges



✦ @prospectivelyhealthy ✦

