



PH TransFORM Fit



Warm Up, complete 10 reps of each station / round, and repeat if you have time., repeat your warm up for your cool down.

Warm Up

High Knees, squat, Mountain Arms, Side Bends, Helicopter Arms, Shoulder Rolls

Round 1

Using a Bench: Chest Press Incline, Table Top Rows, and Wide Flies (Supine)

Round 2

Squat: Front Squat, Overhead Press, Deadlift

Round 3

Box: Box Jump, Half Step /Heel Taps, Elevated Mountain Climbers

Round 4

Kettlebell: Bicep Curl, Tricep Extension, Supine Halos, Boat Raises with Hold



✦ @prospectivelyhealthy ✦



PH TransFORM Fit



Complete each exercise with 25 reps, switching with a partner for accountability

Warm Up

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

Station 1

Plank Cone Taps & Plank Abductors

Station 2

Fire Hydrants & Donkey Kicks

Station 3

KB swings & Squat Jumps

Station 4

Mountain Climber & Supine Knee Tucks

Station 5

Forward Fold Deadlift & Wide Fly

Station 6

Single Leg Hinge & Bent Over Rows



✦ @prospectivelyhealthy ✦

