



PH TransFORM Fit



Warm Up, Complete every exercise 25 times on each side, cool down

Warm Up

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

Round 1

Single leg Leg Pulse, Bridge with Hip Thrust, Bridge with Knee Tuck, Bridge with Clam

Round 2

Abdominal pulls with crunch, crossbody twist, Upright Rows
Lat pull down

Round 3

Row / press, widely, Tricep Dip overhead, Supine bicep curl

Cool Down

Figure 4, Windshield Wiper Knees, Supine Twist, WTY

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Start Heavy, Drop Weight to Keep Going-
7 Minutes each Station

Warm Up

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

Station 1

Bar: Deadlift, Curl, Overhead Press

Station 2

Dumbbell: Around the World Arms-
Raise Front, Lateral, Cross Body

Round 3

Cardio: Jump Squat, Jump Lunge, Curtsy Pulse

Station 4

Crab Walk with Toe Touch; Push Up with Knee to Elbow

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