



PH
TransFORM Fit



15 Reps for Unilateral Exercises (On each Side)
 25 Reps for Bilateral Exercises

Warm Up

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

Round 1

Side Plank Hip Raises, Plank Twist (Thread the Needle with Leg), Single Arm KB Snatch, KB Lunge, KB Standing Crunch

Round 2

Dumbbell Ski Urge, KB March with KB in Air, KB March with Goblet Hold

Round 3

Deficit Reverse Lunges, Dumbbell Frog Squat (Sumo Squat, then pulse hips), Squat with Cross Kick / Toe Tap

Cool Down

Figure 4, Windshield Wiper Knees, Supine Twist, WTY

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15 Reps for Unilateral Exercises (On each Side)
 25 Reps for Bilateral Exercises

Warm Up

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

Station 1

Plate Slides in Plank, Forward Fold, Mountain, Twist, Bear with KB Pull Thru

Station 2

Wood Chop, Split Leg Lunge with Weighted Twist, Hoola hoop KB

Round 3

Bulgarian Split Squat, Banded Sissy Squat (Boomerang Band Around Pole), Ab Ball Russian Twist

Station 4

Single Leg Bench Deadlifts, Hip Thrusters then Decline Glute Bridges

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