

JANUARY

2022



MON TUES WED THU FRI SAT

**1X15
2X12
2X15
3X12**

Front Raises ³ Narrow Jumps Lateral Raises	Hip Trust ⁴ Jumping Frogs Tricep Kickback	Narrow Jumps ⁵ Around the World Shoulder Tops	Jumping Frogs ⁶ Bulgarian Squat Hip Trust	Front Raises ⁷ Tricep Kickback Reverse Lunges	Hip Trust ⁸ Narrow Jumps Shoulder Tops	⁹
Reverse Lunges ¹⁰ Shoulder Tops Jumping Frogs	Lateral Raises ¹¹ Around the World Bulgarian Squat	Front Raises ¹² Hip Trust Jumping Frogs	Bulgarian Squat ¹³ Shoulder Tops Reverse Lunges	Jumping Frogs ¹⁴ Hip Trust Around the World	Lateral Raises ¹⁵ Narrow Jumps Shoulder Tops	¹⁶
Front Raises ¹⁷ Jumping Frogs Bulgarian Squat	Tricep Kickback ¹⁸ Hip Trust Around the World	Shoulder Tops ¹⁹ Lateral Raises Bulgarian Squat	Narrow Jumps ²⁰ Jumping Frogs Reverse Lunges	Front Raises ²¹ Shoulder Tops Around the World	Jumping Frogs ²² Bulgarian Squat Tricep Kickback	²³
Around the World ²⁴ Bulgarian Squat Hip Trust	Jumping Frogs ²⁵ Shoulder Tops Narrow Jumps	Bulgarian Squat ²⁶ Front Raises Reverse Lunges	Lateral Raises ²⁷ Hip Trust Jumping Frogs	Tricep Kickback ²⁸ Lateral Raises Bulgarian Squat	Shoulder Tops ²⁹ Reverse Lunges Around the World	³
Hip Trust ³¹ Front Raises Lateral Raises						