



WORKOUT SCHEDULE

WITH LANCHANA GREEN

STABILITY BALL WITH KB/DB

8-12 x Seated Press
16-20 Rotations
20 x Hip Thrust
8-12 x Rows (no SB ball)
8-12 x Pike (toes on the ball)
20 x Glute Bridge (feet on the ball)

PROGRESS NOTES

Equipment: Stability Ball. Kettlebell/Dumbbell.
Rest Period: 45-90 secs.
Rounds: 4-6.