NAME:								HOTEL FITNESS				Digman Fitness
		PART 1- Warmup										
								Weeks (track results)				
Part	**Order**	**Exercise**	**Sets**	**Reps**	**Time**	**Rest**	**1**	**2**	**3**	**4**	5	6
1	1	Hip Circles	1	10ea	NA							
	2	Arm Circles	1	10ea	NA	0						
	3	Bodyweight Squats	1	10	NA	0						
	4	Plank	1	NA	:15	0						
	5	Brisk Walk	1	NA	2:00	0						
		PART 2- Circuit										
								Weeks (track results)				
Part	**Order**	**Exercise**	**Sets**	**Reps**	**Time**	**Rest**	**1**	**2**	**3**	**4**	5	6
2	1	DB Bench	5	6-10	NA	:15						
	2	Side Shuffle + KB Snatch	5	5	NA	:15						
	3	DB Sumo Deadlift	5	6-10	NA	:15						
	4	Lateral Jump + DB Snatch	5	5	NA	:15						
	5	MB Russian Twist	5	20	NA	:15						
	6	DB Row	5	6-10ea	NA	:15						
	7	DB or Cable Bicep Curl	5	6-10	NA	:15						
	8	Overhead Tricep Extension or Cable Tricep Pushdown	5	6-10	NA	:15						
		PART 3- Stretch										
	1	Hamstrings	1		:30ea							
	2	Groin	1		:30							
	3	Pecs	1		:30ea							
	4	Lats	1		:30ea							
	5	Calves	1		:30ea							
	6	Quads	1		:30ea							
		NOTES										