



Supersets September 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Supersets are done 1 exercise after the other with no rest. Perform 15 reps of exercise 1 & immediately do 15 reps of exercise 2. Rest 40 seconds & repeat supersets 2 more times! When a weight is needed use a weight that is challenging to you.		1 Side raises Bent over rows	2 Do your normal EZ COACH program	3 Jump squats Curtsy squats	4 Do your normal EZ COACH program	5 Donkey kicks Fire hydrants
6 REST	7 Do your normal EZ COACH program	8 Scissor plank Bicycle crunch	9 Do your normal EZ COACH program	10 Push-ups Plank (knee to elbow alt sides)	11 Do your normal EZ COACH program	12 Mt. climbers Reverse lunges
13 REST	14 Do your normal EZ COACH program	15 Triceps kickback Upright triceps extension	16 Do your normal EZ COACH program	17 High knees Burpees	18 Do your normal EZ COACH program	19 Triceps dips Overhead DB press
20 REST	21 Do your normal EZ COACH program	22 Kettlebell swings Plie Squat	23 Do your normal EZ COACH program	24 Superman's Bridges	25 Do your normal EZ COACH program	26 Step-ups Squats
27 REST	28 Do your normal EZ COACH program	29 Crunches Leg raises	30 Do your normal EZ COACH program			
			Have a coach sign off on at least 15 days out of the month as proof you completed a task and you will receive 20% off any one Supplement or Protein Powder of your choice.			