

**Get Creative**—Use this workout if you have been exercising for over a year, or are training for sport events

Exercise	Muscle Group	Sets	Target Reps	Session One		Session Two		Session Three		Session Four	
				Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
<a href="#">Push-Up on Medicine Ball</a>	Chest, Triceps	3	8 (alternate hand on ball each set)								
<a href="#">Upright Row</a>	Back, Biceps	3	8								
<a href="#">Squat Thrusts</a>	Chest, Triceps, Shoulders, Legs, Hips	3	8								
<a href="#">Dive Bombers</a>	Chest, Triceps, Shoulders	3	8								
<a href="#">Bench Jumps</a>	Legs	3	8								
<a href="#">Side Plank</a>	Abdominals	3	Hold for 30 seconds each side								
<a href="#">Back Safe Ab Workout</a>	Abdominals	3	15	—		—		—		—	
<a href="#">Alternate Arm Leg Extension (Birddog)</a>	Abdominals, Low Back	3	8-12 reps each way	—		—		—		—	

† Repeat on other side \* Body Weight ‡ Rest 30-60 seconds between sets