

HARTLEY – FULL BODY**CATEGORIES:** Balance, Strength**LEVEL:** Intermediate**EXERCISE COUNT:** 0**URL:** <https://dancer-fitness.com/plan/hartley-full-body/>

WarmUp: Jumping jacks, high knees, jog in place, etc. – reach max heart rate Set 1: Do 3 times 1) Clam shell – heavy band – 10 reps each side 2) Frog knee abs – heavy band – 15 reps 3) Plank extend – 10 each leg Set 2: Do 3 times 1) RDLs (dead lifts) – 5 lb weights – 10 each leg 2) Wall sit jumps – heavy band, use your glutes! 20 reps 3) Plank squat press – 5 lb weights, 10 reps Set 3: Do 3 times, 10 reps each 1) Chest flys 2) Chest Press 3) Pull Overs CORE: 30 weighted sit-ups; 30 jack knife crunches
