

FROM: NATASHA LARENTE	DECEMBER, 2020															
	WEEK 1				WEEK2				WEEK3				WEEK4			
TOTAL 1 (REPEAT EACH CIRCUIT 3 TIMES)	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
A1. BANDED SQUATS X 12																
A2. ABS: BANDED UPPER CRUNCH (LONG BAND) X 12																
A3. BACK LUNGES X 12R/12L																
A4. BANDED LYING LEG ABDUCTIONS X 12R/12L																
A5. STANDING BANDED SHOULDER PRESS X 12																
A6. BANDED SUPERMAN X 12																
B1. SQUAT + PRESS (elastic) X 12																
B2. ABS: REACH SIDE TO SIDE X 20T																
B3. BANDED STANDING LATERAL RAISES X 12																
B4. HAMSTRING CURLS ON SLIDERS OR STABILITY BALL X 12																
B5. TRICEP DIPS X AMRAP																
B6. ABS: PLANK HOLD																

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FROM: NATASHA LARENTE	DECEMBER, 2020															
	WEEK 1				WEEK2				WEEK3				WEEK4			
TOTAL 2 (REPEAT EACH CIRCUIT 3 TIMES)	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
A1. SPLIT LUNGES X 12R/12L																
A2. SEATED BANDED BACK ROW X 15																
A3. ABS: BICYCLE CRUNCHES X 24T																
A4. ELASTIC BAND FRONT RAISES X 15																
A5. BANDED GLUTE BRIDGE X 12 + ABDUCTIONS X 12 AT THE TOP (FEET ON SMALL STEP)																
A6. BANDED 1 ARM TRICEP KICKBACK X 15R/15L																
B1. BANDED SQUAT SIDE TO SIDE (ALT.) X 20T																
B2. ELASTIC BAND SHOULDER PRESS X 15																
B3. ELASTIC BAND BICEP CURLS X 15																
B4. FRONT LUNGES (ALT.) X 20T																
B5. SPIDER CRAWL ON THE WALL X 4 (UP/DOWN)																
B6. STANDING BANDED UPRIGHT ROW X 15																

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FROM: NATASHA LARENTE	DECEMBER, 2020															
	WEEK 1				WEEK2				WEEK3				WEEK4			
TOTAL 3 (REPEAT EACH CIRCUIT 3-4 TIMES)	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
A1. BANDED SQUAT + SIDE LEG RAISES X 20T																
A2. BANDED HIP THRUST X 15																
A3. BANDED REAR DELT PULL X 15 (MINI PLASTIC BAND)																
A4. SPLIT LUNGE BANDED PULSES X 15R/15L																
A5. BANDED BENT OVER BACK ROW X 15																
A6. BANDED DONKEY KICK X 15R/15L																
B1. STEP UP X 10R/10L																
B2. ABS: PLANK JACKS ON SLIDERS X 12																
B3. STANDING BANDED FRONT RAISE TO SIDE RAISE X 10 EACH																
B4. CURTSY LUNGES X 10R/10L																
B5. BANDED LAT PULL DOWN X 15																
B6. BANDED BICEP CURL TO SHOULDER PRESS X 10T																

Natasha
LARENTE

NOTES

LIST OF EQUIPMENT SUGGESTED FOR HOME:	
- SMALL STEP	
-STABILITY BALL	
-SLIDERS OR PARTY PAPER PLATES CAN DO	
-MINI BAND (LIGHT AND 1 HEAVY) IN RUBBER & FABRIC	
ALT. : ALTERNATE	
AMRAP: AS MANY REPS AS POSSIBLE	
DBS: DUMBBELLS	
BB: BARBELL	
SUPINE: HANDS UNDER, PALM FACING UP	
PRONE: HANDS ON TOP, PALMS FACING DOWN	
20T: 20 REPS TOTAL	
20R/20L: 20 REPS RIGHT/ 20 REPS LEFT	
1A/1B: IS A SUPERSET. EXECUTE THE 2 MOVES BACK TO BACK WITH MINIMAL REST, RESTING FOR 45SEC TO 1MIN BETWEEN SUPERSETS.	
RDL: ROMANIAN DEADLIFT	

Natasha
L A R E N T E