

DAY 1									
EXERCISE	WEEK 1/2			WEEK 3/4			WEEK 5/6		
	%	Reps	WT	%	Reps	WT	%	Reps	WT
Prisoner Kang Squat	2X10			2X10			2X10		
90/90 Hip Opener	2 x 5/			2 x 5/			2 x 5/		
Bandless Monster Walk	2 x 10 ea			2 x 10 ea			2 x 10 ea		
A1. Backpack Squat/ Air Squat		6--8			8--10			10--15	
		6--8			8--10			10--15	
		6--8			8--10			10--15	
		6--8			8--10			10--15	
		6--8			8--10			10--15	
A2. Squat Jumps	4x4			4x6			4x8		
B1. Banded KB Swing/Kid Swing		6			6			6	
		6			6			6	
		6			6			6	
		6			6			6	

B2. DB Bench Press		8			8			8	
		8			8			8	
		8			8			8	
C1. Feet Elevated Glute Bridge		12			15			15	kid
		12			15			15	kid
		12			15			15	kid
		12			15			15	kid
C2. Sit-Ups		:30+10			:45+10			:60+10	
		:30+10			:45+10			:60+10	
		:30+10			:45+10			:60+10	
		:30+10			:45+10			:60+10	
C3. Couch Back Extension		:30+10			:45+10			:60+10	
		:30+10			:45+10			:60+10	
		:30+10			:45+10			:60+10	
		:30+10			:45+10			:60+10	

DAY 2									
EXERCISE	WEEK 1/2			WEEK 3/4			WEEK 5/6		
	%	Reps	WT	%	Reps	WT	%	Reps	WT
Couch Stretch	2 x :30 ea			2 x :30 ea			2 x :30 ea		
Single Leg RDL	2 x 10 ea			2 x 10 ea			2 x 10 ea		
Mini Band Walk Lateral	2 x 10 ea			2 x 10 ea			2 x 10 ea		
A1. Pushup/feet elevated Push up/Hands elevated Pushup		6--8			8--10			10--15	
		6--8			8--10			10--15	
		6--8			8--10			10--15	
		6--8			8--10			10--15	
		6--8			8--10			10--15	
A2. Extended Plank	4x:30			4x:45			4x:60		
B1. Backpack Front Squat		6			6			6	
		6			6			6	
		6			6			6	
		6			6			6	

B2. Bent Over Rear Fly (tempo 5:5)		8			8			8	
		8			8			8	
		8			8			8	
C1. Wood Chopper + Knee Drive		8ea			8ea			8ea	
		8ea			8ea			8ea	
		8ea			8ea			8ea	
		8ea			8ea			8ea	
C2. Jump rope/Calf Jump		50			60			70	
		50			60			70	
		50			60			70	
		50			60			70	
C3. Elevated Mummy Plank		:30			:30			:30	
		:30			:30			:30	
		:30			:30			:30	
		:30			:30			:30	

DAY 3									
EXERCISE	WEEK 1/2			WEEK 3/4			WEEK 5/6		
	%	Reps	WT	%	Reps	WT	%	Reps	WT
Frog Stretch	2 x :30 ea			2 x :30 ea			2 x :30 ea		
Body Weight Bulgarian	2 x 6 ea			2 x 6 ea			2 x 6 ea		
Hip Brides: Double & Single	2 x 10 ea			2 x 10 ea			2 x 10 ea		
A1. Backpack RDL		6--8			8--10			10--15	
		6--8			8--10			10--15	
		6--8			8--10			10--15	
		6--8			8--10			10--15	
		6--8			8--10			10--15	
A2. Sock/Towel Supine Hamstring Curls	4x5			4x5			4x5		
B1. Upright Row		6			6			6	
		6			6			6	
		6			6			6	
		6			6			6	

B2. Backpack/ Kid Squat Thrust		8			8			8	
		8			8			8	
		8			8			8	
C1. Reverse Lunges		6ea			6ea			6ea	
		6ea			6ea			6ea	
		6ea			6ea			6ea	
		6ea			6ea			6ea	
C2. Rotational Plank		8ea			8ea			10ea	
		8ea			8ea			10ea	
		8ea			8ea			10ea	
		8ea			8ea			10ea	
C3. Superman		:30			10			:30	
		:30			10			:30	
		:30			10			:30	
		:30			10			:30	