



WARM UP

PERFORM DAILY BEFORE STRENGTH TRAINING

- HALF KNEELING HIP FLEXOR STRETCH** 2 X :10 EACH
- SQUAT SPIDERMAN STRETCH** 2 X :10 EACH
- HEEL SIT UPPER BACK ROTATION** X 10 EACH
- YOGA PUSH UP CALF STRETCH** X 10 EACH
- HIP BRIDGE** X 10 W/:02 PAUSE AT TOP
- FRONT PLANK FLOOR CRUSH** 2 X :25
- SIDE PLANK** 2 X :20 EACH SIDE
- CLAMSHELL** 2 X 10 EACH SIDE
- BOTTOM LEG STRAIGHT LEG RAISE** 2 X 10 EACH
- REVERSE LUNGE TO 1 LEG SUPERMAN** X 8 EACH

STRENGTH TRAINING INSTRUCTIONS

WHAT DOES A1/A2, B1/B2 MEAN?

A1 AND A2 (AS WELL AS B1 AND B2) REPRESENT EXERCISE "SUPERSETS". IF YOUR GYM LAYOUT PERMITS AND THE EQUIPMENT IS AVAILABLE, COMPLETE 1 SET OF THE FIRST EXERCISE (A1), TAKE A SHORT REST, THEN COMPLETE 1 SET OF THE SECOND EXERCISE (A2). TAKE 1-2 MINUTES REST AND REPEAT THE SUPERSET UNTIL ALL PRESCRIBED SETS HAVE BEEN COMPLETED.

DAY 1

A1) DUMBBELL GOBLET SQUAT

KNEES OUT. BUTT BACK. 2 SECOND PAUSE AT BOTTOM OR ON BOX.

WRITE IN WEIGHT USED

WEEK	SETS	REPS	
1	5	5	
2	5	5	
3	5	5	

SET 1	SET 2	SET 3	SET 4	SET 5

A2) PULL UP

AMAP = AS MANY AS POSSIBLE

WRITE IN REPS COMPLETED

WEEK	SETS	REPS	
1	3	AMAP	
2	3	AMAP	
3	3	AMAP	

SET 1	SET 2	SET 3	SET 4	SET 5

B1) BARBELL PRESS

START ON COLLAR BONE. PUSH TO CEILING AND SLIGHTLY "BEHIND EARS"

WRITE IN WEIGHT USED

WEEK	SETS	REPS	
1	3	8	
2	3	8	
3	3	8	

SET 1	SET 2	SET 3	SET 4	SET 5

B2) CABLE CORE PRESS HOLD

PRESS HANDLE OUT FROM MIDDLE OF BODY. HOLD IN ATHLETIC STANCE WITH ARMS STRAIGHT.

WRITE IN WEIGHT OR BAND USED

WEEK	SETS	REPS	TIME
1	3	5	:10/each
2	3	5	:10/each
3	3	6	:10/each

SET 1	SET 2	SET 3	SET 4	SET 5



DAY 2

A1) DUMBBELL REVERSE LUNGE

WEEK	SETS	REPS	
1	4	8/EACH	
2	4	8/EACH	
3	4	8/EACH	

WRITE IN WEIGHT USED

SET 1	SET 2	SET 3	SET 4	SET 5

A2) DUMBBELL ROW

START BY PINCHING SHOULDER BLADE BACK AND DOWN, THEN ROW ELBOW INTO SIDE.

WEEK	SETS	REPS	
1	4	8/EACH	
2	4	8/EACH	
3	4	8/EACH	

WRITE IN WEIGHT USED

SET 1	SET 2	SET 3	SET 4	SET 5

B1) DUMBBELL STIFF LEG DEADLIFT

BUTT BACK. LOOK DOWN. BUTT BACK, BACK. SHOULD FEEL STRETCH IN HAMSTRINGS.

WEEK	SETS	REPS	
1	3	8	
2	3	8	
3	3	8	

WRITE IN WEIGHT USED

SET 1	SET 2	SET 3	SET 4	SET 5

B2) PUSH UP

WEEK	SETS	REPS	
1	3	AMAP	
2	3	AMAP	
3	3	AMAP	

WRITE IN REPS COMPLETED

SET 1	SET 2	SET 3	SET 4	SET 5

DAY 3

A1) 1 LEG SQUAT TO BOX

WEEK	SETS	REPS	
1	3	6/each	
2	3	7/each	
3	3	8/each	

WRITE IN WEIGHT USED

SET 1	SET 2	SET 3	SET 4	SET 5

A2) BARBELL INVERTED ROW

START ROW BY PINCHING SHOULDER BLADES TOGETHER. CONTINUE TO PULL BAR TO STERNUM.

WEEK	SETS	REPS	
1	3	AMAP	
2	3	AMAP	
3	3	AMAP	

WRITE IN REPS COMPLETED

SET 1	SET 2	SET 3	SET 4	SET 5

B2) PUSH UP

ADD PAUSE AT BOTTOM. GOAL IS TO COMPLETE 1/2 OF THE REPS YOU COULD DO ON DAY 2

WEEK	SETS	REPS / TEMPO	
1	3	HALF MAX / ADD PAUSE	
2	3	HALF MAX / ADD PAUSE	
3	3	HALF MAX / ADD PAUSE	

WRITE IN REPS COMPLETED

SET 1	SET 2	SET 3	SET 4	SET 5

B2) CABLE CORE PRESS HOLD

WEEK	SETS	REPS	TIME
1	3	5	:10/each
2	3	5	:10/each
3	3	6	:10/each

WRITE IN WEIGHT USED

SET 1	SET 2	SET 3	SET 4	SET 5