

	Day 1													Day 2											
	Week 1			Week 2			Week 3			Week 4				Week 1			Week 2			Week 3			Week 4		
EXERCISE	Rep	Amt	Wt	Rep	Amt	Wt	Rep	Amt	Wt	Rep	Amt	Wt	EXERCISE	Rep	Amt	Wt	Rep	Amt	Wt	Rep	Amt	Wt	Rep	Amt	Wt
A1 SL Glute Hip Bridge	12ea			12ea			12ea			12ea			A1 Glute Hip Bridge	1	30		1	45		1	1:00		1	1:15	
	12ea			12ea			12ea			12ea				1	30		1	45		1	1:00		1	1:15	
	12ea			12ea			12ea			12ea				1	30		1	45		1	1:00		1	1:15	
A2 Alt Dead Bug	10ea			10ea			10ea			10ea			A2 Plank	1	1:00		1	1:00		1	1:00		1	1:00	
	10ea			10ea			10ea			10ea				1	1:00		1	1:00		1	1:00				
	10ea			10ea			10ea			10ea				1	1:00		1	1:00		1	1:00				
A3 Push Up to Downward Dog	8			8			8			8			A3 Prone Y,T,Ws	10			12			15			15		
	8			8			8			8				10			12			15					
	8			8			8			8				10			12			15					
B1 Wall Sit	1	30		1	45		1	1:00		1	1:15		B1 Push Up (Range 8-20 reps depending on your ability.)	8			8			8			8		
	1	30		1	45		1	1:00		1	1:15			8			8			8					
	1	30		1	45		1	1:00		1	1:15			8			8			8					
B2 Split Squat (ISO)	1	30		1	45		1	1:00		1	1:15		B2 B/W Goblet Squat (If you'd like to use a back pack with books and anything to create extra weight.)	20			25			30			30		
	1	30		1	45		1	1:00		1	1:15			20			25			30					
	1	30		1	45		1	1:00		1	1:15			20			25			30					
B3 SL Stand	1	30		1	45		1	1:00		1	1:15		B3 Split Squat	10			12			15			15		
	1	30		1	45		1	1:00		1	1:15			10			12			15					
	1	30		1	45		1	1:00		1	1:15			10			12			15					
C1 Push UP (ISO at the bottom)	1	10		1	12		1	15		1	20		B4 SA Row W/ Milk Jug or Back Pack	15			20			25			25		
	1	10		1	12		1	15		1	20			15			20			25					
	1	10		1	12		1	15		1	20			15			20			25					
	1	10		1	12		1	15		1	20		B5 Reverse Lunge	10ea			12ea			15ea			15ea		
	1	10		1	12		1	15		1	20			10ea			12ea			15ea					
C2 Prone Y,T,W (HOLD at top)	10ea	10		12ea	12		15ea	15		20ea	20		10ea			12ea			15ea			15ea			
	10ea	10		12ea	12		15ea	15		20ea	20		10ea			12ea			15ea			15ea			
	10ea	10		12ea	12		15ea	15		20ea	20		10ea			12ea			15ea			15ea			
	10ea	10		12ea	12		15ea	15		20ea	20		10ea			12ea			15ea			15ea			
	10ea	10		12ea	12		15ea	15		20ea	20		10ea			12ea			15ea			15ea			