



DAY 1: UPPER BODY

	WEEK 1 CREATE A BASELINE	WEEK 2 INCREASE LOAD	WEEK 3 INCREASE REPS	WEEK 4 INCREASE VOLUME
BAND PULL -APART 3 x 12	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
DB FLOOR PRESS 3 x 10	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
BENT OVER DB ROW 3 x 12	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
DB CURL & PRESS 3 x 8	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
SIDE PLANK 3 x 20sec	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
LATERAL RAISE 3 x 10	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____

DAY 2: TABATA

20 seconds of work, followed by 10 seconds of rest. You will aim for 8 rounds. Choose one movement from the left-hand column. Use the chart to track which exercise you picked each week. This will look more like a Bingo board than a concise weekly workout chart.

	WEEK 1 CREATE A BASELINE	WEEK 2 INCREASE LOAD	WEEK 3 INCREASE REPS	WEEK 4 INCREASE VOLUME
MOUNTAIN CLIMBER				
SKATER HOP				
JUMP SQUAT				
BURPEE				



DAY 3: LOWER BODY

	WEEK 1 CREATE A BASELINE	WEEK 2 INCREASE LOAD	WEEK 3 INCREASE REPS	WEEK 4 INCREASE VOLUME
SIDE LYING CLAM SHELL 3 x 10	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
BANDED GLUTE BRIDGE 3 x 20	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
GOBLET SQUAT 3 x 10	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
WALKING LUNGE 3 x 8 each	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
DB SINGLE LEG DEADLIFT 3 x 8 each	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
WEIGHTED CALF RAISE 3 x 15	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____



DAY 5: FULL BODY

	WEEK 1 CREATE A BASELINE	WEEK 2 INCREASE LOAD	WEEK 3 INCREASE REPS	WEEK 4 INCREASE VOLUME
DB HIP THRUST 3 x 15	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
SINGLE ARM DB ROW 3 x 10 each	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
PUSH UP 3 x 8	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
DB ROMANIAN DEADLIFT 3 x 10	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
DB PLANK ROW 3 x 5 each	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
DB LATERAL LUNGE 3 x 8 each	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____

DAY 4: CARDIO & CORE

	WEEK 1 CREATE A BASELINE	WEEK 2 INCREASE LOAD	WEEK 3 INCREASE REPS	WEEK 4 INCREASE VOLUME
BIRD DOG 3 x 10	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
PLANK 3 x 30 sec	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
BANDED PALLOF PRESS 3 x 10 each side	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____

CARDIO

Choose from the options below or any other method of steady-state cardio workout

30-45 minutes steady-state	WALKING	JOGGING	BIKING	ROWING
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DAY 6: HIIT STRENGTH

Choose one of the following exercises on the left-hand column. Then, use the other four columns to record which exercise you choose, record your repetitions, and if any weight was added. This chart will look more like a Bingo board than a concise weekly workout chart. You'll aim to perform the prescribed reps and rest for the remainder of the minute. At the top of each minute, you'll repeat the same exercises and prescribed reps.

	WEEK 1 CREATE A BASELINE	WEEK 2 INCREASE LOAD	WEEK 3 INCREASE REPS	WEEK 4 INCREASE VOLUME
GOBLET SQUAT 3 x 10	SETS: ____ REPS: ____	WEIGHT (if any): ____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
WALKING LUNGE 3 x 8 each	SETS: ____ REPS: ____	WEIGHT (if any): ____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
DB SINGLE LEG DEADLIFT 3 x 8 each	SETS: ____ REPS: ____	WEIGHT (if any): ____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____
WEIGHTED CALF RAISE 3 x 15	SETS: ____ REPS: ____	WEIGHT (if any): ____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____	WEIGHT: _____ SETS: ____ REPS: ____



DAY 7: MOBILITY

WEEK 1
CREATE A BASELINE

WEEK 2
INCREASE LOAD

WEEK 3
INCREASE REPS

WEEK 4
INCREASE VOLUME

CAT AND COW

SUPERMAN SHOULDER STRENGTH

ANKLE MOBILITY DRILL

BANDED QUAD STRETCH

FORWARD FOLD HAMSTRING STRETCH

FIGURE 4 HIP STRETCH