

Week 1 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Bodyweight Squats	/10	—	—	
2) Push-Ups	/10	—	—	
3a) Barbell Front Squat	/6-8	/6-8	/6-8	
3b) Pull-Ups	/6-8	/6-8	—	
3c) Med Ball Rotational Throws	/10	/10	—	Each side
4a) Single-Leg RDL	/6-8	/6-8	—	Each leg
4b) Barbell Incline Press	/6-8	/6-8	—	
4c) Over the Fence	/10	—	—	Each leg
5a) Dumbbell Single-Leg Calf Raise	/12-15	/12-15	—	Each leg
5b) Dumbbell Single-Arm Overhead Press	/8-10	—	—	Each arm

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Glute Bridge	/10	/10	—	
2) Bodyweight Squats	/10	—	—	
3) 3-Spot Balance and Reach	/5	—	—	Each direction/ Each leg
4a) Dumbbell 3-Way Lunge	/5	/5	—	Each direction
4b) Inverted Row	/8-10	/8-10	—	
4c) Med Ball Slams	/10	/10	—	
5a) Physioball Leg Curl	/10-12	/10-12	—	
5b) Dumbbell Bench Press	/8-10	/8-10	—	
5c) Heel Drops	/20 sec. hold	—	—	Each leg
6a) Wall Dorsiflexion	/20	/20	—	
6b) Single-Arm Farmer's Walk	/30 sec.	/30 sec.	—	Each side

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest only as needed.

Week 2 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Bodyweight Squats	/10	—	—	
2) Push-Ups	/10	—	—	
3a) Barbell Front Squat	/6-8	/6-8	/6-8	
3b) Pull-Ups	/6-8	/6-8	/6-8	
3c) Med Ball Rotational Throws	/10	/10	—	Each side
4a) Single-Leg RDL	/6-8	/6-8	/6-8	Each leg
4b) Barbell Incline Press	/6-8	/6-8	/6-8	
4c) Over the Fence	/10	—	—	Each leg
5a) Dumbbell Single-Leg Calf Raise	/12-15	/12-15	—	Each leg
5b) Dumbbell Single-Arm Overhead Press	/8-10	/8-10	—	Each arm

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Glute Bridge	/10	/10	—	
2) Bodyweight Squats	/10	—	—	
3) 3-Spot Balance and Reach	/5	—	—	Each direction/ Each leg
4a) Dumbbell 3-Way Lunge	/5	/5	/5	Each direction
4b) Inverted Row	/8-10	/8-10	—	
4c) Med Ball Slams	/10	/10	—	
5a) Physioball Leg Curl	/10-12	/10-12	—	
5b) Dumbbell Bench Press	/8-10	/8-10	—	
5c) Heel Drops	/20 sec. hold	—	—	Each leg
6a) Wall Dorsiflexion	/20	/20	—	
6b) Single-Arm Farmer's Walk	/30 sec.	/30 sec.	—	Each side

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest only as needed.

Week 3 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Bodyweight Squats	/10	—	—	
2) Push-Ups	/10	—	—	
3a) Barbell Front Squat	/4-6	/4-6	/4-6	
3b) Pull-Ups	/6-8	/6-8	/6-8	
3c) Med Ball Rotational Throws	/12	/12	—	Each side
4a) Single-Leg RDL	/4-6	/4-6	/4-6	Each leg
4b) Barbell Incline Press	/4-6	/4-6	/4-6	
4c) Over the Fence	/10	—	—	Each leg
5a) Dumbbell Single-Leg Calf Raise	/12	/12	/12	Each leg
5b) Dumbbell Single-Arm Overhead Press	/8-10	/8-10	—	Each arm

Day 2

Exercise	Set 1	Set 2		Notes
1) Glute Bridge	/10	/10	—	
2) Bodyweight Squats	/10	—	—	
3) 3-Spot Balance and Reach	/5	—	—	Each direction/ Each leg
4a) Dumbbell 3-Way Lunge	/5	/5	/5	Each direction
4b) Inverted Row	/10-12	/10-12	—	
4c) Med Ball Slams	/12	/12	—	
5a) Physioball Leg Curl	/8-10	/8-10	—	
5b) Dumbbell Bench Press	/6-8	/6-8	—	
5c) Heel Drops	/20 sec. hold	—	—	Each leg
6a) Wall Dorsiflexion	/25	/25	—	
6b) Single-Arm Farmer's Walk	/45 sec.	—	—	Each side

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest only as needed.

Week 4 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Bodyweight Squats	/10	—	—	
2) Push-Ups	/10	—	—	
3a) Barbell Front Squat	/4-6	/4-6	/4-6	
3b) Pull-Ups	/8-10	/8-10	—	
3c) Med Ball Rotational Throws	/12	/12	—	Each side
4a) Single-Leg RDL	/8-10	/8-10	—	Each leg
4b) Barbell Incline Press	/8-10	/8-10	—	
4c) Over the Fence	/10	—	—	Each leg
5a) Dumbbell Single-Leg Calf Raise	/10	/10	—	Each leg
5b) Dumbbell Single-Arm Overhead Press	/8-10	—	—	Each arm

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Glute Bridge	/10	/10	—	
2) Bodyweight Squats	/10	—	—	
3) 3-Spot Balance and Reach	/5	—	—	Each direction/ Each leg
4a) Dumbbell 3-Way Lunge	/5	/5	—	Each direction
4b) Inverted Row	/10-12	/10-12	—	
4c) Med Ball Slams	/12	/12	—	
5a) Physioball Leg Curl	/8-10	/8-10	—	
5b) Dumbbell Bench Press	/6-8	/6-8	—	
5c) Heel Drops	/20 sec. hold	—	—	Each leg
6a) Wall Dorsiflexion	/25	/25	—	
6b) Single-Arm Farmer's Walk	/60 sec.	—	—	Each side

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest only as needed.

Week 5 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Jump Rope	/3 min.	—	—	15 sec. quick/15 sec. slow
2) Bodyweight Squats	/10	—	—	
3a) Barbell Reverse Lunge	/6-8	/6-8	—	Each leg
3b) Dumbbell Single-Arm Row	/6-8	/6-8	/6-8	Each arm
3c) 3-Spot Balance and Reach	/5	/5	—	Each direction/ Each leg
4a) Physioball Leg Curl	/10	/10	—	
4b) Dips	/6-8	/6-8	—	
4c) Hamstring Rocker	/5	—	—	Each leg
5a) Dumbbell Push-Up-to-Row	/6	/6	—	
5b) Supermans	/10	/10	—	
5c) Single-Leg Weighted Dorsiflexion	/15	—	—	Each leg

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Glute Bridge	/10	/10	—	
2) Bodyweight Squat Series	/5	—	—	Each exercise
3) 3-Spot Balance and Reach	/5	—	—	Each direction/ Each leg
4) Push-Ups	/10	—	—	
5a) Barbell Front Squat	/6-8	/6-8	/6-8	
5b) Pull-Ups	/6-8	/6-8	—	
5c) Plank	/30 sec.	/30 sec.	—	
6a) Dumbbell Single-Leg RDL	/6-8	/6-8	—	Each leg
6b) Bench Press	/8-10	/8-10	—	
6c) Over the Fence	/10	—	—	Each leg
7a) Med Ball Push-Ups	/10	/10	—	
7b) Dumbbell Lateral Lunges	/10-12	/10-12	—	Each leg

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest only as needed.

Week 6 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Jump Rope	/3 min.	—	—	15 sec. quick/15 sec. slow
2) Bodyweight Squats	/10	—	—	
3a) Barbell Reverse Lunge	/6-8	/6-8	/6-8	Each leg
3b) Dumbbell Single-Arm Row	/6-8	/6-8	/6-8	Each arm
3c) 3-Spot Balance and Reach	/5	/5	—	Each direction/ Each leg
4a) Physioball Leg Curl	/10	/10	—	
4b) Dips	/6-8	/6-8	—	
4c) Hamstring Rocker	/5	—	—	Each leg
5a) Dumbbell Push-Up-to-Row	/8	/8	—	
5b) Supermans	/10	/10	—	
5c) Single-Leg Weighted Dorsiflexion	/15	/15	—	Each leg

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Glute Bridge	/10	/10	—	
2) Bodyweight Squat Series	/5 each	—	—	Each exercise
3) 3-Spot Balance and Reach	/5	—	—	Each direction/ Each leg
4) Push-Ups	/10	—	—	
5a) Barbell Front Squat	/6-8	/6-8	/6-8	
5b) Pull-Ups	/6-8	/6-8	—	
5c) Plank	/30 sec.	/30 sec.	—	
6a) Dumbbell Single-Leg RDL	/6-8	/6-8	—	Each leg
6b) Bench Press	/8-10	/8-10	—	
6c) Over the Fence	/10	—	—	Each leg
7a) Med Ball Push-Ups	/12	/12	—	
7b) Dumbbell Lateral Lunges	/10-12	/10-12	—	Each leg

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest only as needed.

Week 7 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Jump Rope	/3 min.	—	—	15 sec. quick/15 sec. slow
2) Bodyweight Squats	/10	—	—	
3a) Barbell Reverse Lunge	/5	/5	/5	Each leg
3b) Dumbbell Single-Arm Row	/5	/5	/5	Each arm
3c) 3-Spot Balance and Reach	/5	/5	—	Each direction/ Each leg
4a) Physioball Leg Curl	/12-15	/12-15	—	
4b) Dips	/8-10	/8-10	—	
4c) Hamstring Rocker	/5	—	—	Each leg
5a) Dumbbell Push-Up-to-Row	/10	/10	—	
5b) Supermans	/12	/12	—	
5c) Single-Leg Weighted Dorsiflexion	/15	/15	—	Each leg

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Glute Bridge	/10	/10	—	
2) Bodyweight Squat Series	/5 each	—	—	Each exercise
3) 3-Spot Balance and Reach	/5	—	—	Each direction/ Each leg
4) Push-Ups	/10	—	—	
5a) Barbell Front Squat	/5	/5	/5	
5b) Pull-Ups	/8-10	/8-10	—	
5c) Plank	/45 sec.	/45 sec.	—	
6a) Dumbbell Single-Leg RDL	/8-10	/8-10	—	Each leg
6b) Bench Press	/6-8	/6-8	/6-8	
6c) Over the Fence	/10	—	—	Each leg
7a) Med Ball Push-Ups	/15	/15	—	
7b) Dumbbell Lateral Lunges	/8-10	/8-10	—	Each leg

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest only as needed.

Week 8 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Jump Rope	/3 min.	—	—	15 sec. quick/15 sec. slow
2) Bodyweight Squats	/10	—	—	
3a) Barbell Reverse Lunge	/5	/5	/5	Each leg
3b) Dumbbell Single-Arm Row	/5	/5	/5	Each arm
3c) 3-Spot Balance and Reach	/5	/5	—	Each direction/ Each leg
4a) Physioball Leg Curl	/12-15	/12-15	—	
4b) Dips	/8-10	/8-10	—	
4c) Hamstring Rocker	/5	—	—	Each leg
5a) Dumbbell Push-Up-to-Row	/8	—	—	
5b) Supermans	/12	/12	—	
5c) Single-Leg Weighted Dorsiflexion	/15	—	—	Each leg

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Glute Bridge	/10	/10	—	
2) Bodyweight Squat Series	/5 each	—	—	Each exercise
3) 3-Spot Balance and Reach	/5	—	—	Each direction/ Each leg
4) Push-Ups	/10	—	—	
5a) Barbell Front Squat	/5	/5	/5	
5b) Pull-Ups	/8-10	/8-10	—	
5c) Plank	/45 sec.	/45 sec.	—	
6a) Dumbbell Single-Leg RDL	/8-10	/8-10	—	Each leg
6b) Bench Press	/6-8	/6-8	/6-8	
6c) Over the Fence	/10	—	—	Each leg
7a) Med Ball Push-Ups	/15	/15	—	
7b) Dumbbell Lateral Lunges	/8-10	/8-10	—	Each leg

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest only as needed.