

Day 1	Week 1	Week 2	Week 3	Week 4	Notes
Exercise	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	
<b>Circuit 1</b>					
1a) Med Ball Push-Ups	1x15 + 10 sec. hold	1x15 + 10 sec. hold	1x15 + 10 sec. hold	1x15 + 10 sec. hold	
1b) Box Scissor Kicks	1x20-30	1x20-30	1x20-30	1x20-30	
1c) TRX Rows or Seated Rows	1x20-30 sec.	1x20-30 sec.	1x20-30 sec.	1x20-30 sec.	
1d) Single-Leg RDL	1x8 each leg	1x8 each leg	1x8 each leg	1x8 each leg	
<b>Circuit 2</b>					
2a) Sprints	2x10-20 sec.	2x10-20 sec.	2x10-20 sec.	2x10-20 sec.	
2b) Side-Ups	1x15 each side	1x15 each side	1x15 each side	1x15 each side	
2c) Physioball Rollouts	1x20-30 sec.	1x20-30 sec.	1x20-30 sec.	1x20-30 sec.	
<b>Circuit 3</b>					
3a) Forward to Reverse Lunge	1x10 each	1x10 each	1x10 each	1x10 each	
3b) Pull-Ups	1x10	1x10	1x10	1x10	
3c) Overhead Tricep Extensions and Press	1x10 each	1x10 each	1x10 each	1x10 each	
3d) Bicep Curls	1x8-12	1x8-12	1x8-12	1x8-12	
<b>Day 2</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	
<b>Circuit 1</b>					
1a) Barbell or Dumbbell Bench Press	3x6-8 or 12-15	4x6-8 or 12-15	4x6-8 or 12-15	4x6-8 or 12-15	
1b) Pull-Ups	3x8-15	4x8-15	4x8-15	4x8-15	
1c) TRX Rows or Dumbbell Single-Arm Rows	3x8-15	4x8-15	4x8-15	4x8-15	
<b>Circuit 1</b>					
2a) Physioball or TRX Knee Tucks	3x15	3x15	4x15	4x15	
2b) Cable Core Rotations	3x10 each side	3x10 each side	4x10 each side	4x10 each side	
2c) Face Pulls	3x15	3x15	4x15	4x15	
<b>Circuit 3</b>					
3a) Overhead Tricep Extension and Press	3x10 each	3x10 each	3x10 each	4x10 each	
3b) Bicep Curls	3x8-12	3x8-12	3x8-12	4x8-12	
3c) Single-Arm Tricep Pressdown	3x10 each arm	3x10 each arm	3x10 each arm	4x10 each arm	
3d) Plate Holds	3x45 sec.	3x45 sec.	3x45 sec.	4x45 sec.	
<b>Day 3</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	
<b>Circuit 1</b>					
1a) Power Clean // Overhead Med Ball Throws	4x3-5	4x3-5	4x3	4x3	
1b) Striders	4x20-30 sec.	4x20-30 sec.	4x20-30 sec.	4x20-30 sec.	
<b>Circuit 2</b>					
2a) Squats	4x5-8	4x5-8	4x5	4x5	
2b) Broad Jumps	4x5-6	4x5-6	4x5-6	4x5-6	
<b>Circuit 3</b>					
3a) Incline Dumbbell Alternating Press	3x8-12	3x8-12	3x6-8	3x6-8	
3b) Lat Pulldowns or Pull-Ups	3x8-12	3x8-12	3x6-8	3x6-8	
3c) Seated Rows (double-arm + single-arm)	3x8/8/8	3x8/8/8	3x6/6/6	3x6/6/6	
3d) Bulgarian Split-Squats	2x8 each leg	2x8 each leg	2x8 each leg	3x8 each leg	
<b>Circuit 4</b>					
4a) Plank Shoulder Taps	3x30 sec.	3x30 sec.	3x45 sec.	3x45 sec.	
4b) Physioball or Ab Wheel Rollouts	3x30 sec.	3x30 sec.	3x45 sec.	3x45 sec.	

Perform each circuit for five minutes, completing as many sets as you can while resting only as needed. Add one minute each week.