

**Day 2**

**A1) Push Ups**

Perform Push Ups to an elevated surface like a couch or bench if ground is too difficult.

Date	Week	Sets	Reps	Rest	Load
	1	2	10		
	2	3	10		
	3	3	15		
	4	3	15		
	5	4	15		
	6	5	20		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**A2) Bodyweight Unilateral RDL**

If left leg is support leg, kick right leg back, touch right hand to left foot.

Week	Sets	Reps	Rest	Tempo
1	2	5 ea.		
2	3	5 ea.		
3	3	5 ea.		
4	3	6 ea.		
5	4	6 ea.		
6	4	8 ea.		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**B1) Russian Twists**

Add weight w/ MB or touch hands to ground on each rep.

Week	Sets	Reps	Rest	Tempo
1	2	25 ea.	:45	
2	3	25 ea.	:40	
3	3	25 ea.	:40	
4	4	25 ea.	:40	
5	4	25 ea.	:30	
6	5	25 ea.	:30	

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**C1) Cossack Squat**

Alternate from one side to the other, be sure to push hips back and avoid shifting your weight too far over knees.

Week	Sets	Reps	Rest	Tempo
1	2	4 ea.	:00	
2	3	4 ea.	:00	
3	3	6 ea.	:00	
4	3	6 ea.	:00	
5	4	8 ea.	:00	
6	5	8 ea.	:00	

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**C2) Lunge to Elevated Surface**

Start behind a surface elevated approx. 4-8 inches, lunge forwards onto elevated surface, push off, repeat.

Week	Sets	Reps	Rest	Tempo
1	2	6 ea.	:60	
2	3	6 ea.	:45	
3	3	8 ea.	:45	
4	3	8 ea.	:45	
5	4	10 ea.	:30	
6	5	10 ea.	:30	

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**D1) 6-Inches**

Week	Sets	Time	Rest	Weight
1	1	:30	:30	
2	2	:30	:30	
3	3	:45	:30	
4	4	:45	:30	
5	5	:60	:20	
6	6	:60	:20	

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**E1) Repeat Bolded Exercises in Warm Up**