



Day 1

A1) Unilateral Bodyweight Deadlift

Add weight if/when you can by holding Med Ball, Dumbbell, or Barbell.

Date	Week	Sets	Reps	-	-
	1	2	6 ea.		
	2	3	6 ea.		
	3	3	8 ea.		
	4	4	8 ea.		
	5	4	8 ea.		
	6	5	10 ea.		

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

A2) Rear Foot Elevated Split Squat Jumps

Week	Sets	Reps	-	-
1	2	3 ea.		
2	3	3 ea.		
3	3	4 ea.		
4	4	4 ea.		
5	4	4 ea.		
6	5	5 ea.		

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

B1) Reverse Crunch

Week	Sets	Reps	-	-
1	2	8		
2	3	8		
3	3	10		
4	4	10		
5	4	10		
6	5	15		

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

B2) Frog Thrust

Week	Sets	Reps	-	-
1	2	15		
2	3	15		
3	3	20		
4	3	20		
5	4	20		
6	4	25		

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

C1) Body Weight Squats

Start rest clock after finishing last rep. After rep begin again with Pike Toe Touch

Week	Sets	Reps	-	-
1	AFSAP	25		
2	AFSAP	50		
3	AFSAP	50		
4	AFSAP	75		
5	AFSAP	75		
6	AFSAP	100		

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

D1) Back Plank

Week	Sets	Time	Rest	-
1	2	MAX	:30	
2	2	MAX	:30	
3	3	MAX	:30	
4	3	MAX	:30	
5	4	MAX	:20	
6	4	MAX	:20	

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

E1) Repeat Bolded Exercises in Warm Up