

# Day 1 & 5

## Monday & Friday

**Posture - Core - Prehab - Run Swiftly**

4x

Series 1	Plank Series	30s
	<i>Side, Side, Frnt, Bck</i>	ea
	Glute Bridge w/ Mini band	60s
	SL Wiper	10e
	Deadbug	10e
	Back Ext ISO	30s
	<i>Hands Behind Head</i>	
<a href="#">Russian Twist w/ MB</a>	15e	

5x

Series 2	<a href="#">Lateral Lunge w/ MB or DB</a>	8e
	<a href="#">Prone Alt. Knee Tucks</a>	10e
	<a href="#">SL RDL w/ Band or DB</a>	8e
	<a href="#">SA Sword Draws w/ Band</a>	10e

**Post Lift Cardio**

**Run:** 20 min 1 min hard w/ 1 min walk

# Day 2 & 6

## Tuesday & Saturday

Core - Explosive - Sweat

4x

<b>Series 1</b>	Jumping Jacks w/ mini band	25
	Quadruped (hands/knees)	
	<i>Hip Circles</i>	5e
	<i>Shoulder Circles</i>	5e
	Russian Twist w/ MB	10e
	Clam Shells w/ mini Band	15e
	Box/Bench Jumps	10
	<a href="#">SA Standing Chest Press w/ Band</a>	10e

5x

<b>Series 2</b>	<a href="#">Hand Walk to Pushup</a>	8
	<a href="#">Kneeling MB Rapid Rotations</a>	10e
	<a href="#">Clap Pushup</a>	8
	<a href="#">MB Jump Squat</a>	4e

### Post Lift Cardio

Spin Bike: 30 min

6x

<u>Spin Series</u>	15 sec sprint w/ 45 sec recovery
	30 sec sprint w/ 30 sec recovery
	45 sec sprint w/ 15 sec recovery
	1 min easy spin
	1 min moderate spin

# Day 3 – 7

## Wednesday & Sunday

### Posture - Core - Run

4x

Series 1	Straight Leg Hip Series	
	<i>Side lying leg raises (top/bottom)</i>	10e
	<i>Face up Leg Swings</i>	10e
	<i>Face Down Oppo Arm/Leg Raises</i>	10e
	<a href="#">Classic Situp w/ Twist</a>	10e
	<a href="#">Face Up Single Leg Hip Raises</a>	10e
	<a href="#">Alt. V-Ups</a>	10e
	<a href="#">SA Standing Row w/ Band</a>	10e

5x

Series 2	<a href="#">MB Butterfly Squat</a>	10
	<a href="#">Abdominal Bicycles</a>	10e
	<a href="#">Bent-over Raises w/ band</a>	10
	<a href="#">Walking Lunge w/ MB Rotations</a>	4e
	<a href="#">RDL w/ Band</a>	10

### Post Lift Cardio

Run: 30 min: 4 min Run w/ 1 min walk

# Day 4 - Thursday

## Move - Stretch - Fitness

2x

Series 1	Walking Stretches (20-yard distance)	
	<i>Knee Hugs</i>	20y
	<i>Quad Stretches</i>	20y
	<i>Good Morning</i>	20y
	<i>Reach Up / Reach Down</i>	20y
	<i>Hamstring Swings</i>	20y
	<i>Squat</i>	20y
	<i>Butterfly Squat</i>	20y
	<i>High Knee Rotation</i>	20y
	<i>Leg Cradle</i>	20y

2x

Series 2	Movement w/ Mini Band	
	<u><i>Lateral Walk w/ Mini Band</i></u>	20y
	<u><i>Monster Walk - Forward</i></u>	20y
	<i>Monster Walk-Backward</i>	20y
	<i>Jumping Jacks</i>	20

### Post Lift Cardio

Spin: 30 min 2 min hard w/ 2 min easy