

Each exercise links to a short video demonstrating how to execute the movement.
To track progress– print or use the editable PDF to document weight used.

Weeks 1-4 | Foundational Strength & Stability | Focus on Form & Balance

Rest 30-60 seconds between each rep

Use the weekly columns to document the amount of weight used.

Day 1: Upper Body Strength		Week 1	Week 2	Week 3	Week 4
Warm-up: 5 min of any cardiovascular activity that increases your heart rate.					
Seated DB Shoulder Press: 3 sets, 10 reps					
Lat Pull Down or Pull Up: 3 sets, 12 reps					
Incline DB Bench Press: 3 sets, 10 reps					
Bent-over DB Rows: 3 sets, 12 reps					
Banded Face Pulls: 3 sets, 15 reps					
Medicine Ball Slams: 3 sets, 15 reps					

Day 2: Lower Body Strength		Week 1	Week 2	Week 3	Week 4
Warm-up: 5 min of any cardiovascular activity that increases your heart rate.					
DB or KB Goblet Squat: 3 sets, 12 reps					
DB Romanian Deadlifts: 4 sets, 10 reps					
DB Step-Ups: 3 sets, 12 reps each leg					
Banded Side Walks: 3 sets, 20 steps (10 each leg)					

Day 3: Full Body Functional Fitness		Week 1	Week 2	Week 3	Week 4
Warm-up: 5 min of any cardiovascular activity that increases your heart rate.					
KB Swings: 3 sets, 15 reps					
DB Thrusters: 3 sets, 12 reps					
Medicine Ball Wall Toss: 3 sets, 15 reps					
Lat Pull Down or Pull Up: 3 sets, 12 reps					
Hanging Knee Raises (or Floor Variation): 3 sets, 15 reps	V				

Day 4: Core & Stability Focus		Week 1	Week 2	Week 3	Week 4
Warm-up: 5 min of any cardiovascular activity that increases your heart rate.					
Plank Shoulder Taps: 3 sets, 20 reps					
DB Russian Twists: 3 sets, 15 reps per side					
Hanging Knee Raises (or Floor Variation): 3 sets, 15 reps	V				
Dead Bugs (Banded or Weighted): 3 sets, 12 reps per leg					
Side Plank Hold: 3 Sets, 30 seconds each side					

Day 5: Lower Body Power & Endurance		Week 1	Week 2	Week 3	Week 4
Warm-up: 5 min of any cardiovascular activity that increases your heart rate.					
DB Deadlift to High Pull: 3 sets, 12 reps					
DB Step-Ups: 3 sets, 12 reps each leg Tempo: 2,0,1,0					
Banded Glute Kickbacks: 3 sets, 15 reps each leg					
Banded or Machine Hamstring Curls: 3 sets, 12 reps1,0					
Dumbbell Snatch (Alternating arms): 3 sets, 10 reps (per arm)					
DB Calf Raises: 3 sets, 20 reps					

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Weeks 5–8 | Strength Progression & Muscle Growth | Increase weight to develop muscles, while maintaining form.

Rest 30–60 seconds between each rep

Use the weekly columns to document the amount of weight used

Day 1: Upper Body Strength	Week 1	Week 2	Week 3	Week 4
Warm-up: 5 min of any cardiovascular activity that increases your heart rate.				
DB Shoulder Press: 4 sets, 8 reps				
Lat Pull Down: 4 sets, 10 reps				
Incline DB Press: 4 sets, 8 reps				
Bent-over DB Rows: 4 sets, 10 reps				
KB Halos: 3 sets, 12 reps Controlled (roundtrip is 1)				
Band Pull Aparts: 3 sets, 15 reps Slow & Controlled				
Medicine Ball Slams: 3 sets, 10 reps Explosive				

Day 2: Lower Body Strength & Stability	Week 1	Week 2	Week 3	Week 4
Warm-up: 5 min of any cardiovascular activity that increases your heart rate.				
DB Goblet Squat: 4 sets, 10 reps				
Barbell Romanian Deadlift: 4 sets, 8 reps				
DB Step-ups: 3 sets, 12 reps each leg				
KB Swings: 3 sets, 15 reps Explosive				
Band Side Walks: 3 sets, 12 steps each direction (left and right) Slow & Controlled				
DB Calf Raises: 3 sets, 15 reps				

Day 3: Functional Fitness & Core	Week 1	Week 2	Week 3	Week 4
Warm-up: 5 min of any cardiovascular activity that increases your heart rate.				
DB Russian Twists: 3 sets, 20 reps per side				
Hanging Knee Raises or Standing Knee Raises: 3 sets, 15 reps Controlled pace				
Plank DB Rows: 3 sets, 10 reps				
KB Windmills: 3 sets, 10 reps Controlled pace				
Lat Pulldown with Core Engagement: 3 sets, 12 reps				
Band Pallof Press: 3 sets, 15 reps Slow & Controlled				

Day 4: Upper Body Hypertrophy & Endurance	Week 1	Week 2	Week 3	Week 4
Warm-up: 5 min of any cardiovascular activity that increases your heart rate.				
DB or Barbell Bench Press: 4 sets, 8 reps				
DB Lateral Raises: 3 sets, 12 reps				
Seated Lat Pulldown: 3 sets, 10 reps				
KB Overhead Press: 3 sets, 12 reps Controlled pace				
Band Face Pulls: 3 sets, 15 reps Slow & Controlled				
Medicine Ball Chest Pass: 3 sets, 10 reps Explosive				

Day 5: Lower Body Power & Mobility	Week 1	Week 2	Week 3	Week 4
Warm-up: 5 min of any cardiovascular activity that increases your heart rate.				
DB or Barbell Front Squats: 4 sets, 8 reps				
DB or Barbell Romanian Deadlifts: 4 sets, 8 reps				
DB Step-downs from a Box or Bench: 3 sets, 10 reps Slow and Controlled				
KB Swings: 3 sets, 15 reps Explosive				
Lunges with Band Resistance: 3 sets, 12 reps				
DB Calf Raises: 3 sets, 15 reps				

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Weeks 9–12 | Strength & Power | Maximize strength, endurance, and muscle definition.

Rest 30–60 seconds between each rep	Use the weekly columns to document the amount of weight used			
Day 1: Upper Body Power	Week 1	Week 2	Week 3	Week 4
Warm-up: 5 min dynamic upper body circuit (arm circles, band pull-aparts)				
Standing Single Arm Landmine Press (or DB if no landmine): 4 sets, 8 reps/arm				
Neutral-Grip Pull-ups or Assisted Pull-ups: 4 sets, 6–8 reps				
DB Z-Press: 3 sets, 10 reps				
Chest-Supported DB Row: 3 sets, 10 reps				
Band-Resisted Push-Ups or Explosive Push-Ups: 3 sets, 12–15 reps				
KB Snatch (alternating): 3 sets, 8 reps per arm				
Day 2: Lower Body Power	Week 1	Week 2	Week 3	Week 4
Warm-up: 5 min dynamic lower body circuit (bodyweight lunges, lateral shuffles)				
Front-Racked KB or DB Box Squats: 4 sets, 10 reps				
Barbell or DB Hip Thrusts: 3 sets, 12 reps				
DB Bulgarian Split Squats: 3 sets, 10 reps per leg				
Copenhagen Side Plank Holds (for adductors): 2 sets, 30 seconds per side				
Broad Jumps: 3 sets, 5 reps Rest 60 sec				
Day 3: Conditioning & Core	Week 1	Week 2	Week 3	Week 4
10 min EMOM: Odd – 12/10 Cal Row Machine, Even – 15 Russian KB Swings				
4 Rounds for Quality (not time):				
– 12 Hanging Knee Raises or Toes-to-Bar				
– 20 DB Russian Twists (10 each side)				
– 30-sec Plank Hold				
– 10 Burpees				
Day 4: Core & Stability Advanced	Week 1	Week 2	Week 3	Week 4
Warm-up: 5 min mixed cardio + arm/leg swings				
Push: Barbell or DB Floor Press: 4 sets, 8 reps				
Pull: Inverted Rows or TRX Rows: 3 sets, 10–12 reps				
Carry 1: Farmer’s Carry with heavy DBs: 3 x 30 sec walks				
Push: Pike Push-Ups or Handstand Holds (against wall): 3 sets, 10 reps				
Pull: Resistance Band Face Pulls: 3 sets, 15 reps				
Carry 2: Front Rack KB Carry: 2 x 40 steps				
Day 5: Functional Full Body	Week 1	Week 2	Week 3	Week 4
Warm-up: 5 min jump rope or shadow boxing				
DB Clean and Press (full body power): 4 sets, 8 reps per arm				
KB Goblet Squat + Pulse at Bottom: 3 sets, 12 reps				
Burpee Box Jump-Overs: 3 rounds, 10 reps				
Single Arm DB Snatch: 3 sets, 10 reps per arm				
Bear Crawl: 3 x 20 yards				