

# WORKOUT PLAN

X = BEGINNER  
 XX = INTERMEDIATE  
 XXX = ADVANCED



## NOTES

Add weight as needed

Vary rest based off of your goals:

**Strength & Power**  
 2 minutes rest

**Hypertrophy**  
*(muscle building)*  
 30 to 90 sec

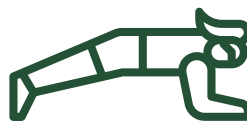
**Muscular Endurance & Cardio**  
 30 sec or less

## SQUATS

- X 5 sets of 45 sec Quarter Squat Isometric Hold
- XX 3 sets of 20 reps w/ 20 sec Isometric hold at bottom of squat after 10th rep
- XXX 3 sets of 20 squat jumps or 3 sets of foot fire drill for 30 sec then 30 sec squat isometric hold

## PUSH-UPS

- X 3 sets of 10-20 kneeling push-ups (*outdoors in grass or in home kneel on soft surface*)
- XX 3 sets of 10-20 kneeling push-ups w/ 3 sec Isometric hold at bottom or 3 sets of 10-20 push-ups
- XXX 3 sets of 10-20 push-ups w/ 2-4 sec eccentric phase (*lowering phase*)



## LUNGES

- X 3 sets of 20 stationary reverse lunges (*step backwards then return to start*)
- XX 3 sets of 20 stationary forward lunges (*step forward then return to start*)
- XXX 3 sets of 20 lunge jumps or 3 sets of 20 reverse lunges w/ sliders or on smooth surface {*keeping weight through stable leg, leg not on slider or smooth surface*}

## PLANK

- X 3 sets of 20- 60 sec plank on forearms
- XX 3 sets 20- 60 sec plank In push-up position, add alternating leg lifts to increase difficulty
- XXX 3 sets 60 sec plank in push-up position w/ opposing arm and leg raise or 3 sets of 60 sec plank on forearms body saw (*with feet on sliders/ smooth surface shift weight to feet keeping back flat then pull body back towards hands*)

## CARDIO CIRCUIT

- 1) 25 Jumping Jacks
- 2) 30-60 sec High Knee Jogging (In place)
- 3) 30-60 sec Lateral Shuffles
- 4) 25 Inchworm Crawls
- 5) 30 Standing Oblique Crunches