

WATERLOO WARRIORS



AT HOME WORKOUT



GOWARRIORSGO.CA



ALL
IN 

#GOBLACKGOGOLD



WELCOME!

This 12-week workout program is designed to allow you to progress your fitness using around-the-house items as your equipment. Many of our habits and schedules have been altered, our ability to adapt to these circumstances and maintain our routines allows for the maintenance of our mental, physical, and emotional health. One of the ways we can do this is by following an exercise program, allowing you to focus in on yourself, or 'fill your cup' as they say.

This program progresses through 3 x 4-week phases. Phase #1 builds a base, introducing you to simple yet highly effective exercises. When done correctly with proper form, these exercises will help keep our bones, joints, and muscles healthy, thereby allowing us to do the activities of daily life more efficiently. Phase 2 is designed to build off your base, while ramping up the difficulty of each exercise in various ways. You will notice decreased rest times, increased volume (reps/sets), and changes to the pace at which you do the exercise. These changes are meant to continue to challenge you, while achieving optimal results. Phase 3 brings back familiar exercises, but continues to push you to new heights, by combining muscle groups, and introducing new formats that will keep you on your toes.



HOUSEHOLD 'WEIGHTS' LIST

BAG OF ONIONS/APPLES

Used in replacement of a KB or DB

TEXTBOOKS

Easy to hold or stack to increase weight

SOUP CANS

Lighter weight - great for exercises that don't need much more weight to make them difficult!

MILK/WATER JUGS

Used in replacement of a KB or DB

BROOMSTICK

Makeshift bar, or as a tool for stretching

Liquid Laundry Detergent Bottle(s)

The handle makes holding easy, can fill with water to increase weight

CHAIR/COUCH/OTTOMAN

Great for elevation exercises to rest foot or back on - make sure structure is sturdy!

BACKPACK

Fill with whatever you want (books, fruit, cans, etc...) to add more weight to an exercise. Can be worn on back or front to create a hands-free weight or can be held by straps for curls or rows!

TOWELS

Slide easily on hardwood or tiles for specific exercises in program

Cooking Pan

Slide easily on carpet for specific exercises in program

BAG OF FLOUR/OATMEAL

Easy to hold, just make sure it's closed properly!



HOW TO READ THE PROGRAM

In this program, each phase has 6 tables – each corresponding to a different day of the program. Some days will have the same exercise throughout all 4 weeks of the phase, while others will have different exercises and workouts every week. To follow this program, simply find the column that corresponds to the week you are in. On the far left of that week will be the names of the exercises. If you follow that exercise across, you will be able to see how many reps and sets to do.

For some exercises, the set and rep column has a ratio (see below for reference). These exercises have the option to be done with weights (examples of weights are found in the Notes section of the table) or as a bodyweight exercise. If you choose to do the exercise weighted, your rep count is the first number of the ratio (in this example, you will do 12 side lunges weighted). If you choose to do the exercise with just your bodyweight, your rep count is the second number in the ratio (in this example, 20 reps of side lunges). The Notes section of each weighted exercise will have different household items that can be used as weights for that exercise.

Week 1		
LIFTS	Set	Reps
1	W:BW	Weighted:Bodyweight
	1	12:20
	2	12:20
	3	12:20
	4	12:20

NOTES
Weighted: DBs, KBs, Books, etc... OR Unweighted *Wk 2/3 increase weight*

In Phases 2 and 3, the format of some workouts will change. Some workouts have A and B beside each exercise number. These workouts are called Supersets. Supersets pair 2 different exercises together. In these workouts, you would do one set of exercise A (in this example, one set of Curtsy lunges), followed by one set of exercise B (KB swings) as quickly as possible. Once both sets of the two exercise are completed, you would rest for the allotted time. This is meant to decrease rest time between sets, and to improve the endurance of your muscles.

2A	Curtsy Lunges
2B	KB Swings

Other workouts are done in circuit style format. This means that you rotate through the exercises, doing one set of each. Once you complete a set of each exercise, you have completed one round. The allotted work time and rest time of the circuit is given in the top rows of the table. In the example below, you would do 6-8 rounds rotating through the exercises. You would do each exercise for 20 seconds, and then have 10 seconds to rest between Exercise 1 and 2, 2 and 3, etc.

6-8 rounds at 20 seconds of work, 10 seconds of rest rotating through the exercises

TIPS AND TRICKS

» Household 'weights': Not everyone has access to dumbbells, kettlebells, bands, and the typical weights found in fitness centres. That does not mean that you have to do every exercise as bodyweight! Below, we have compiled a list of common household items that can be used as weights.

» Prepare for your workouts! Designate a space in your room, house, or apartment that is your workout zone. That way, you can keep your weights, mat, and any other equipment out and accessible for each workout. Not only does this make your workout more efficient, but it will help hold you accountable to working out each day! Do not forget to have water close by so that you can stay hydrated throughout. You are encouraged to read through the exercises before you begin to workout. If you are unfamiliar with any of the exercises or stretches, watch the video ahead of time, practice the movement, and ensure that you are not taking too long in between exercises.

» Form is everything!! It is great to increase weight in an exercise, but if your form is not what it should be, you are more susceptible to soreness and injury. Make sure you take the time to learn the exercise, and practice it without weights, before progressing.

» Stretching: Warming up prior to exercises is key, especially if you are coming out of a desk posture. Doing something that gets your blood flowing (ex: jogging on the spot, jumping jacks, squats, arm swings), is a great way to warm up. If you do not have the time to cool-down, do not sweat it. Getting in some movement is the priority over getting in the "perfect" workout. If you think a light stretch will feel nice on your body and you have the time, go for it!



YOUR 12-WEEK EXERCISE PROGRAM SCHEDULE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6/7
WEEK 1	Upper Body - Push Focus	Bi-lateral Lower Body Focus	Conditioning Day - Core/ Cardio Focus	Upper Body - Pull Focus	Uni-lateral Lower Body Focus	Rest/Recovery/Mobility
WEEK 2	Upper Body - Push Focus	Bi-lateral Lower Body Focus	Conditioning Day - Core/ Cardio Focus	Upper Body - Pull Focus	Uni-lateral Lower Body Focus	Rest/Recovery/Mobility
WEEK 3	Upper Body - Push Focus	Bi-lateral Lower Body Focus	Conditioning Day - Core/ Cardio Focus	Upper Body - Pull Focus	Uni-lateral Lower Body Focus	Rest/Recovery/Mobility
WEEK 4 - DELOAD	Upper Body - Push Focus	Bi-lateral Lower Body Focus	Conditioning Day - Core/ Cardio Focus	Upper Body - Pull Focus	Uni-lateral Lower Body Focus	Rest/Recovery/Mobility
WEEK 5	Upper Body	Lower Body Superset	Conditioning Day - Core/ Cardio Focus	Lower Body/ Conditioning Superset	Full Body Workout	Rest/Recovery/Mobility
WEEK 6	Upper Body	Lower Body Superset	Conditioning Day - Core/ Cardio Focus	Lower Body/ Conditioning Superset	Full Body Workout	Rest/Recovery/Mobility
WEEK 7	Upper Body	Lower Body Superset	Conditioning Day - Core/ Cardio Focus	Lower Body/ Conditioning Superset	Full Body Workout	Rest/Recovery/Mobility
WEEK 8 - DELOAD	Upper Body	Lower Body Superset	Conditioning Day - Core/ Cardio Focus	Lower Body/ Conditioning Superset	Full Body Workout	Rest/Recovery/Mobility
WEEK 9	Lower Body/Cardio Superset	Upper Body & Core	Lower Body Circuit	Upper Body Circuit	Conditioning Day - Core/Cardio Focus	Rest/Recovery/Mobility
WEEK 10	Lower Body/Cardio Superset	Upper Body & Core	Lower Body Circuit	Upper Body Circuit	Conditioning Day - Core/Cardio Focus	Rest/Recovery/Mobility
WEEK 11	Lower Body/Cardio Superset	Upper Body & Core	Lower Body Circuit	Upper Body Circuit	Conditioning Day - Core/Cardio Focus	Rest/Recovery/Mobility
WEEK 12 - DELOAD	Lower Body/Cardio Superset	Upper Body & Core	Lower Body Circuit	Upper Body Circuit	Conditioning Day - Core/Cardio Focus	Rest/Recovery/Mobility



Being active helps me tackle schoolwork with a fresh and energetic outlook. Not only are you improving your physical fitness, but participating in recreational activities is vital for your mental health

EDEN
Faculty of Arts



WEEKS 1-4		
Day 1	Upper Body - Push Focus	<p>NOTES</p> <p>Weeks 1-4 are meant to build a solid base of simple yet highly effective exercises. These exercises demand focus on form, while working the most important muscle groups for daily performance and optimal health and posture. Workouts are designed to allow for multiple sets of only one exercise at a time to ensure learning and attention is on nailing down form before moving on to another exercise.</p>
Day 2	Bi-lateral Lower Body Focused	
Day 3	Conditioning Day - Core/Cardio Focus	
Day 4	Upper Body - Pull Focus	
Day 5	Uni-lateral Lower Body Focused	
Day 6	Rest/Recovery/Mobility	
Day 7		

DAY 1 - UPPER BODY - PUSH FOCUS										
WEEK 1			WEEK 2			WEEK 3		WEEK 4- DELOAD		
LIFTS	SET	REPS	SET	REPS	SET	REPS	SET	REPS	NOTES	
1	Push-ups	1	As many reps as possible	1	As many reps as possible	1	As many reps as possible	1	6-10 reps	From toes or from knees
		2	As many reps as possible	2	As many reps as possible	2	As many reps as possible	2	6 reps with 4:2:2:2 tempo	
		3	As many reps as possible	3	As many reps as possible	3	As many reps as possible			
2	Tricep Dips	1	8 reps	1	8-12 reps	1	10-15 reps	1	8 reps	Use couch/ chair *Wk 2&3 try to straighten legs*
		2	8 reps	2	8-12 reps	2	10-15 reps	2	4 reps with 3:2:2:2 tempo	
		3	8 reps	3	8-12 reps	3	10-15 reps			
3	Weighted Lateral Rasies	1	30 reps	1	30 reps	1	30 reps	1	15 reps	Use soup cans, dumbbells, waterbot-tles, etc...
		2	30 reps	2	30 reps	2	30 reps	2	15 reps	
4	Low Plank	1	30 seconds	1	30-45 seconds	1	45 seconds-1 minute	1	Hold as long as possible	
		2	30 seconds	2	30-45 seconds	2	45 seconds-1 minute			
		3	30 seconds	3	30-45 seconds	3	45 seconds-1 minute			
5	Standing Chest Squeezes	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	W:BW	Weight-ed:Body-weight	1	15 reps	Weighted: Use books, plates, DBs Unweight-ed: press hands together
		1	8:12	1	10 w heavier weight:16	1	10 w heavi-er weght: 20			
		2	8:12	2	10 w heavier weight:16	2	10 w heavi-er weght: 20			
6	Plank to Push-up	1	8 reps per side	1	8 reps per side	1	10 reps per side	1	8 reps per side	
		2	8 reps per side	2	8 reps per side	2	10 reps per side	2	8 reps per side	



DAY 2 - BI- LATERAL LOWER BODY FOCUSED

DAY 2 - BI- LATERAL LOWER BODY FOCUSED											
WEEK 1			WEEK 2			WEEK 3		WEEK 4 - DELOAD			
LIFTS	SET	REPS	SET	REPS	LOAD	SET	REPS	SET	REPS	LOAD	NOTES
1	Squat	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	W:BW	Weight-ed:Body-weight	1	10 reps at 5:3:2:1 tempo		Weighted: DBs, KBs, Bands, etc... OR Un-weighted
		1	12:20	1	15 (heavier weight):25	1	15 (heavier weight):30				
		2	12:20	2	15 (heavier weight):25	2	15 (heavier weight):30	2	10 reps at 5:3:2:1 tempo		
		3	12:20	3	15 (heavier weight):25	3	15 (heavier weight):30				
		4	12:20	4	15 (heavier weight):25	4	15 (heavier weight):30				
2	Glute Bridge	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	W:BW	Weight-ed:Body-weight	1	10 reps		Weighted: DBs, KBs, Bands, etc... OR Un-weighted *Wk 2/3-progress to single leg*
		1	15:20	1	15:20	1	20:25				
		2	15:20	2	15:20	2	20:25	2	10 reps		
		3	15:20	3	15:20	3	20:25	3	10 reps with 2 second holds at top		
3	Good Morning's	1	15 reps	1	15 reps - heavier weight	1	15 reps - heavier weight	1	8 reps with 4:2:2:2 tempo		Hug weight into chest (use textbooks, heavy backpack, plates, DB, etc...)
		2	15 reps	2	15 reps - heavier weight	2	15 reps - heavier weight				
		3	15 reps	3	15 reps - heavier weight	3	15 reps - heavier weight	2	8 reps with 4:2:2:2 tempo		
4	SUMO squats	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	W:BW	Weight-ed:Body-weight	1	10 reps at 5:3:2:1 tempo		Weighted: Use books, plates, DBs OR Un-weighted
		1	12:16	1	12:16	1	16:20				
		2	12:16	2	12:16	2	16:20	2	10 reps		
5	Reverse Nordic Curls	1	10 reps	1	12 reps	1	15 reps	1	8 reps		
		2	10 reps	2	12 reps	2	15 reps	2	8 reps		
6	Supine Towel Hamstring Curls	1	8 reps	1	10 reps	1	12 reps	1	6 reps		
		2	8 reps	2	10 reps	2	12 reps	2	6 reps		



DAY 3 - CONDITIONING DAY (CORE/CARDIO FOCUS)

** Do workouts as a circuit for 4-6 rounds **

Warm-up: Light Jog, Jumping Jacks, Skipping

WEEK 1 - BEST DONE OUTSIDE!			WEEK 2			WEEK 3			WEEK 4 - DELOAD		
LIFTS		REPS	LIFTS		REPS	LIFTS			LIFTS		REPS
1	High Knees	40 reps TOTAL	1	Cross-body mountain climbers	30 reps TOTAL	1	Towel Pikes	8 reps	1	Plank Jacks	20 reps
2	Leg Lowers	10 reps	2	Tuck Jumps	10 reps	2	Burpees	8 reps	2	Single-leg glute bridges	8 reps per side
3	Sprints	70% of full sprint for 40 meters	3	QUICK Body-weight squats	25 reps	3	Alternating Plank Shoulder Taps	10 reps per side	3	Squat Jumps	15 reps
4	Russian Twists	20 reps TOTAL	4	Crunches	20 reps	4	Side Walking Lunges	10 reps per side	4	Pike Push-ups	8 reps
5	Walking Lunges	20 reps TOTAL	5	Jumping Lunges	8 reps per leg	5	Body weight Hip Thrust (back on couch)	15 reps	5	Bicycle Crunches	30 reps TOTAL
6	Deadbug	12 reps TOTAL	6	Sideplank hip dips	8 reps per side	6	Toe Crunches	12 reps	6	High Knees	30 reps TOTAL
7	Bicycle Crunches	20 reps TOTAL				7	Jumping Jacks	40 reps	7	Plank	30 seconds
Rest 90 seconds between rounds			Rest 90 seconds between rounds			Rest 90 seconds between rounds			Rest 90 seconds between rounds		



Playing helps me relieve stress, stay fit and makes me more confident.

RISHIRAJ
Faculty of Mathematics
Graduate Studies



DAY 4 - UPPER BODY - PULL FOCUS

		WEEK 1		WEEK 2		WEEK 3		WEEK 4 - DELOAD		
LIFTS		SET	REPS	SET	REPS	SET	REPS	SET	REPS	NOTES
1	Y's, T's, W's, A's	1	10 reps	1	12 reps	1	14 reps	1	8 reps	1 rep = all 4 movements
		2	10 reps	2	12 reps	2	14 reps	2	6 reps	
		3	10 reps	3	12 reps	3	14 reps			
2	Bicep Curls	1	8-15 reps	1	12-20 reps	1	15-25 reps	1	10 reps w 4:3:4:1 tempo	Use DBs, soup cans, etc...
		2	8-15 reps	2	12-20 reps	2	15-25 reps	2	10 reps w 4:3:4:1 tempo	
		3	8-15 reps	3	12-20 reps	3	15-25 reps			
3	Mountain Climbers	1	30 reps TOTAL	1	30 reps TOTAL	1	40 reps TOTAL	1	20 reps TOTAL	
		2	30 reps TOTAL	2	30 reps TOTAL	2	40 reps TOTAL			
		3	30 reps TOTAL	3	30 reps TOTAL	3	40 reps TOTAL	2	20 reps TOTAL	
4	Superman or Super-woman	1	12 reps	1	15 reps	1	18 reps	1	10 reps	
		2	12 reps	2	15 reps	2	18 reps	2	10 reps	
5	Reverse Flies	W:BW	Weighted:Body-weight	W:BW	Weighted:Body-weight	W:BW	Weighted:Body-weight	1	10 reps	Weighted: Use soup cans, plates, DBs OR Un-weighted *Wk 2/3 hold at top for 2sec.*
		1	15:25	1	15:25	1	15:25			
		2	15:25	2	15:25	2	15:25	2	10 reps	
		3	15:25	3	15:25	3	15:25			
6	Bird dogs	1	6 reps per side	1	6 reps per side	1	8 reps per side	1	4 reps per side	
		2	6 reps per side	2	6 reps per side	2	8 reps per side	2	4 reps per side	
7	Single arm doorway rows	1	8 reps per side	1	10 reps per side	1	12 reps per side	1	10 reps per side	
		2	8 reps per side	2	10 reps per side	2	12 reps per side	2	10 reps per side	



DAY 5 - UNI- LATERAL LOWER BODY FOCUSED

		WEEK		WEEK		WEEK		DELOAD		
LIFTS	SET	REPS	SET	REPS	SET	REPS	SET	REPS	NOTES	
1	Side Lunges	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	1	10 reps per side	Weighted: DBs, KBs, Books, etc... OR Un-weighted *Wk 2/3 increase weight*
		1	12:20	1	12:20	1	16:24			
		2	12:20	2	12:20	2	16:24			
		3	12:20	3	12:20	3	16:24			
		4	12:20	4	12:20	4	16:24	10 reps per side (hold 1 sec. at bottom)		
2	Reverse Lunges	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	1	6 reps per leg	Weighted: DBs, KBs, Books, etc... OR Un-weighted *Wk 2/3 increase weight*
		1	16:20	1	16:20	1	16:20			
		2	16:20	2	16:20	2	16:20	2	6 reps per leg	
		3	16:20	3	16:20	3	16:20			
3	Rear Foot Elevated Split Squats	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	1	8 reps per leg	Weighted: DBs, KBs, Books, etc... OR Un-weighted *Wk 2/3 increase weight*
		1	12:20	1	12:20	1	16:24			
		2	12:20	2	12:20	2	16:24	2	8 reps per leg	
		3	12:20	3	12:20	3	16:24			
4	Side lying leg raises	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	1	12 reps per leg	Weighted using mini-bands OR Un-weighted
		1	15/side:25/side	1	15/side:25/side	1	15/side:25/side			
		2	15/side:25/side	2	15/side:25/side	2	15/side:25/side	2	12 reps per leg	
5	Side Plank	1	25 seconds	1	30 seconds	1	35 seconds	1	20 seconds	
		2	25 seconds	2	30 seconds	2	35 seconds			
6	Adductor Side Plank	1	25-35 seconds per side	1	25-35 seconds per side	1	30-40 seconds per side	1	25 seconds	
		2	25-35 seconds per side	2	25-35 seconds per side	2	30-40 seconds per side			



DAY 6 & 7 - REST/RECOVERY/MOBILITY

Choice of mobility/stretching session (below) or other type of light physical activity such as walking, hiking, jogging, yoga, dancing

Stretching & Mobility Session

WEEK 1			WEEK 2			WEEK 3			WEEK 4- DELOAD		
LIFTS	REPS		LIFTS	REPS		LIFTS			LIFTS	REPS	
1	Downward Dog	Hold 15-20 seconds x3	1	90-90 Hip Mobility	Hold 15 seconds	1	SLOW glute bridges	6 reps x2	1	Hip CARS	Hold 15-20 seconds x3
2	Hip CARS	8 per direction x2	2	Gait Openers/Closers	10 of each per leg	2	Side lying external rotations	8 reps per side x2	2	Walking the Dog	20-25 seconds x2
3	Cat-Camel	8 transitions x1	3	Pigeon Stretch	Hold 20 seconds per leg x2	3	World's Greatest	4 reps per side	3	Doorway Chest Stretch	Hold 20 seconds x2
4	Child's Pose	Hold 15-20 seconds x2	4	Walking the Dog	20-25 seconds x2	4	Figure-4 Stretch	Hold 15 seconds per leg x2	4	Side lying thoracic rotations	8 reps per side
5	Quadruped Thoracic Spine Rotations	8 per side x2	5	Half Wall Hang	Hold for 20 seconds x2	5	Child's Pose	Hold 20 seconds x2	5	Seated Groin Stretch	Hold 15-20 seconds x2
6	Seated Groin Stretch	Hold 15-20 seconds x2	6	Windshield Wiper Stretch	8 per side x2	6	Side lunge stretch	Hold 15 seconds per leg x2	6	Pigeon Stretch	Hold 20 seconds per leg x2
7	Kneeling Hip Flexor Stretch	Hold 15-20 seconds per leg x1	7	Doorway Chest Stretch	Hold 20 seconds x2	7	Standing Toe touches stretch	Hold 10 seconds x2	7	Child's Pose	Hold 10 seconds
8	Upward Dog	Hold 5-10 seconds x3		Repeat as many times as desired			Repeat as many times as desired				



Physical activity helps me sleep more soundly and perform better at school

TIFFANY
Faculty of Engineering



WEEKS 5-8

Day 1	Upper Body	<p>NOTES Weeks 5-8 are designed to build from your base, taking variations of exercises you saw in early weeks, to allow for continued challenge. You will find these weeks also include exercise supersets... requiring you to switch as quickly as possible between 2 exercises for the allotted number of sets, ultimately decreasing rest time, and continuing to stimulate muscles for optimal results.</p>
Day 2	Lower Body Superset	
Day 3	Conditioning Day - Core/Cardio Focus	
Day 4	Lower Body/Conditioning Superset	
Day 5	Full body	
Day 6	Rest/Recovery/Mobility	
Day 7		

DAY 1 - UPPER BODY

		WEEK 5		WEEK 6		WEEK 7		WEEK 8- DELOAD		
LIFTS	SET	REPS	SET	REPS	SET	REPS	SET	REPS	NOTES	
1	Prone Lat Pulldown	1	15 reps	1	15 reps	1	18 reps	1	12 reps	*Weeks 6/7 hold small weights for more challenge*
		2	15 reps	2	15 reps	2	18 reps			
		3	15 reps	3	15 reps	3	18 reps			
2	Tricep Push-ups	1	5-8 reps	1	6-8 reps	1	10-12 reps	1	6 reps	
		2	5-8 reps	2	6-8 reps	2	10-12 reps			
		3	5-8 reps	3	6-8 reps	3	10-12 reps			
3	Weighted Punches	1	30 seconds	1	45 seconds	1	1 minute	1	30 seconds	
		2	30 seconds	2	45 seconds	2	1 minute			
		3	30 seconds	3	45 seconds	3	1 minute			
4	Unlevel Push-ups	1	4-6 reps per arm	1	6 reps per arm	1	6-10 reps	1	10 reps per arm	*weeks 6/7 make hands more unlevel for more challenge*
		2	4-6 reps per arm	2	6 reps per arm	2	6-10 reps per arm			
5	Renegade Rows	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	W:BW	Weight-	1	10 reps per arm	Weighted: Soup cans, DBs OR Un-weighted
		1	10/side:16/side	1	15/side:20/side	1	15/side:20/side			
		2	10/side:16/side	2	15/side:20/side	2	15/side:20/side			
6	Downward Dog to Plank	1	15 reps	1	15 reps	1	15 reps	1	10 reps	
		2	15 reps	2	15 reps	2	15 reps			



DAY 2 - LOWER BODY SUPERSET (switch back & forth between A and B... rest 30sec between supersets)

		WEEK 5		WEEK 6		WEEK 7		WEEK 8- DELOAD		
LIFTS	SET	REPS	SET	REPS	SET	REPS	SET	REPS	NOTES	
1A	Jumping Lunges	1	15 reps per leg	1	15 reps per leg	1	18 reps per leg	1	8 reps per leg	
		2	15 reps per leg	2	15 reps per leg	2	18 reps per leg	2	8 reps per leg	
		3	15 reps per leg	3	15 reps per leg	3	18 reps per leg	2	8 reps per leg	
1B	Supine Straight leg Hip Extensions	1	15-25 reps	1	15-25 reps	1	20-30 reps	1	8 reps	
		2	15-25 reps	2	15-25 reps	2	20-30 reps	2	8 reps	
		3	15-25 reps	3	15-25 reps	3	20-30 reps	2	8 reps	
2A	Curtsy Lunges	1	10 reps per leg	1	15 reps per leg	1	15 reps per leg	1	8 reps per leg	
		2	10 reps per leg	2	15 reps per leg	2	15 reps per leg	2	6 reps per leg	
		3	10 reps per leg	3	15 reps per leg	3	15 reps per leg	3	8 reps per leg	
2B	KB Swings	1	35 seconds	1	40 seconds	1	40-45 seconds	1	1 minute	If no KB, use laundry detergent, bags of apples, water jug, etc
		2	35 seconds	2	40 seconds	2	40-45 seconds			
		3	35 seconds	3	40 seconds	3	40-45 seconds			
3A	Walking Lunges	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	1	8 reps per leg	Weighted: Soup cans, DBs OR Un-weighted
		1	10/side:16/side	1	12/side:18/side	1	12/side:18/side			
		2	10/side:16/side	2	12/side:18/side	2	12/side:18/side			
3B	Frog Glute Bridges	1	20 reps	1	20 reps	1	25 reps	1	15 reps	
		2	20 reps	2	20 reps	2	25 reps			
		3	20 reps	2	20 reps	3	25 reps			



DAY 3 - CONDITIONING DAY (CORE/CARDIO FOCUS)

6-8 rounds at 20 seconds of work, 10 seconds of rest rotating through the exercises

Warm-up: Light Jog, Jumping Jacks, Skipping

WEEK 5		WEEK 6		WEEK 7		WEEK 8 - DELOAD	
LIFTS		LIFTS		LIFTS		LIFTS	
1	Plank Wall Touches	1	Towel Knee Tucks	1	Plank to Push-up	1	Cross-body Mountain climbers
2	QUICK Bodyweight squats	2	Pop Squats	2	Bottom half burpees	2	Walking Lunges
3	High Knees	3	Lateral Toe Touches	3	QUICK side lunges	3	Low Plank
4	Flutter Kicks	4	Star Jumps	4	Crunches	4	Tuck Jumps
5	Push-ups	5	Low Plank	5	Superman's	5	SUMO squat pulses
6	Skater Strides	6	Cross body Mountain Climbers	6	High Knees	6	I's, Y's, T's
7	Russian Twists	7	SUMO squat pulses	7	Inchworms	7	Towel Knee Tucks
Rest 60 seconds between rounds		Rest 60 seconds between rounds		Rest 60 seconds between rounds		Rest 90 seconds between rounds	

DAY 4 - LOWER BODY/CONDITIONING SUPERSET (switch back & forth between A and B... rest 30sec. between supersets)

WEEK		WEEK		WEEK		WEEK 8- DELOAD		NOTES		
LIFTS	SET	REPS	SET	REPS	SET	REPS	SET	REPS	NOTES	
1A	Squat Jumps	1	15 reps	1	15 reps	1	18 reps	1	10 reps	
		2	15 reps	2	15 reps	2	18 reps	2	10 reps	
		3	15 reps	3	15 reps	3	18 reps			
1B	Static Lunges	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	1	6 reps per leg	Weighted: Soup cans, KBs, DBs OR Un-weighted
		1	12/side:16/side	1	12/side:16/side	1	15/side:18/side	2	6 reps per leg	
		2	12/side:16/side	2	12/side:16/side	2	15/side:18/side	3	6 reps per leg	
		3	12/side:16/side	3	12/side:16/side	3	15/side:18/side			
2A	Reverse Lunge to High Knee Drive	1	15 reps per side	1	16 reps per side	1	17 reps per side	1	12 reps per side	
		2	15 reps per side	2	16 reps per side	2	17 reps per side	2	12 reps per side	
		3	15 reps per side	3	16 reps per side	3	17 reps per side			
2B	SLOW Side Lunges	1	8 reps per side	1	10 reps per side	1	10 reps per side	1	6 reps per leg	If no KB, use laundry detergent, bags of apples, water jug, etc...
		2	8 reps per side	2	10 reps per side	2	10 reps per side	2	6 reps per leg	
		3	8 reps per side	3	10 reps per side	3	10 reps per side			
3A	Single Leg Romanian Deadlift	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	W:BW	Weighted:Bodyweight	1	6 reps per leg	Weighted: Soup cans, KBs, DBs OR Un-weighted
		1	10/side:15/side	1	10/side:15/side	1	10/side:15/side	2	6 reps per leg	
		2	10/side:15/side	2	10/side:15/side	2	10/side:15/side			
3B	Mountain Climbers	1	15 reps per side	1	18 reps per side	1	20 reps per side	1	10 reps per side	
		2	15 reps per side	2	18 reps per side	2	20 reps per side	2	10 reps per side	
		3	15 reps per side	3	18 reps per side	3	20 reps per side	3	10 reps per side	



DAY 5 - FULL BODY

DAY 5 - FULL BODY													
WEEK 5				WEEK 6				WEEK 7				WEEK 8 - DELOAD	
LIFTS	SET	REPS		LIFTS	SET	REPS		SETS	REPS		LIFTS	SETS	REPS
1	Elevated Glute Bridges	1	15 reps	Rear Foot Elevated Split Squats	1	15 reps per leg	Plank Body Saws	1	30 seconds	Plank with Alternating Leg Lifts	1	8 reps per leg	
		2	15 reps		2	15 reps per leg		2	30 seconds		2	8 reps per leg	
		3	15 reps		3	15 reps per leg		3	30 seconds		3	8 reps per leg	
2	Bicycle Crunches	1	20 reps per side	I's, Y's, T's	1	8 reps of each	Weighted Push Press (DBs, Soup cans, etc..)	1	25 reps	Leaning Towers	1	6 reps	
		2	20 rep per side		2	8 reps of each		2	25 reps		2	6 reps	
		3	20 reps per side		3	8 reps of each		3	25 reps		3	6 reps	
3	Plank Jacks	1	12 reps	Grass hoppers	1	8 reps per side	Reverse Lunges	1	15 reps per leg	Glute bridges	1	8 reps	
		2	12 reps		2	8 reps per side		2	15 reps per leg		2	8 reps	
		3	12 reps		3	8 reps per side		3	15 reps per leg		3	8 reps	
4	Bear Squats	1	12 reps	Bear Crawl	1	10-20 meters	Spiderman Planks	1	10 reps per side	Push-ups	1	6 reps SLOW	
		2	12 reps		2	10-20 meters		2	10 reps per side		2	6 reps SLOW	
		3	12 reps		3	10-20 meters		3	10 reps per side		3	4 reps SLOW	
5	Incline Pushups	1	6-10 reps	Jumping Jacks	1	40 reps	Reverse Push-up Rows	1	12 reps	Burpees	1	6 reps	
		2	6-10 reps		2	40 reps		2	12 reps		2	6 reps	
		3	6-10 reps		3	40 reps		3	12 reps				
6	No-rope skipping	1	30 seconds	Dolphin Push-ups	1	8 reps	Sitting Knee Tucks	1	15 reps	Swimmers	1	20 seconds	
		2	30 seconds		2	8 reps		2	15 reps		2	20 seconds	
		3	30 seconds		3	8 reps		3	15 reps		3	20 seconds	
7	Cross Elbow to Knee Squat	1	15 reps per side	Russian Twists	1	20-30 seconds	Single Leg Glute Bridges	1	10 reps per leg	Toe Crunches	1	10 reps	
		2	15 reps per side		2	20-30 seconds		2	10 reps per leg		2	10 reps	
		3	15 reps per side		3	20-30 seconds		3	10 reps per leg		3	10 reps	

DAY 6 & 7 - REST/RECOVERY/MOBILITY

Choice of mobility/stretching session (below) or other type of light physical activity such as walking, hiking, jogging, yoga, dancing

Stretching & Mobility Session

DAY 6 & 7 - REST/RECOVERY/MOBILITY													
WEEK 5				WEEK 6				WEEK 7				WEEK 8- DELOAD	
LIFTS	REPS			LIFTS	REPS			LIFTS	REPS		LIFTS	REPS	
1	Half Kneeling Wall Rotations	8 per direction per arm x2		1	World's Greatest	6 reps per side x2		1	Chin to Chest Stretch	Hold 10 seconds x3	1	Shoulder CARS	8 reps per direction
2	Hip CARS	8 per direction per leg x2		2	Thoracic Bridge Rotations	8 reps per side x2		2	Child's Pose	Hold 20 seconds x2	2	Adductor Rock Back Mobilizations	5 reps per leg
3	Downward Dog to Upward Dog	8 transitions x1		3	Side Lunge Adductor Stretch	Hold 20 seconds per side x2		3	Half Kneeling Hip Flexor Stretch	Hold 15 seconds per leg	3	Upper Trapezius Stretching	Hold 20 seconds per side
4	Doorway Chest Stretch	Hold 15-20 seconds x2		4	Upper Trapezius Stretch	Hold 20 seconds per side x2		4	Seated Hamstring Toe Touch Stretch	Hold 20 seconds x2	4	Tabletop Thoracic Rotations	8 reps per side
5	Cat-Camel	8 transitions TOTAL		5	Cat-Camel	8 transitions TOTAL		5	SLOW, deep squats (focus on form)	5 reps x2	5	Doorway Chest Stretch	Hold 20 seconds
6	Cross Legged Neck Stretch	Hold 15-20 seconds per side x2		6	Figure-4 Stretch	Hold 20 seconds per leg x2		6	Pigeon Stretch	Hold 20 seconds per leg x2	6	90-90 Mobility	Hold 15-20 seconds per side
7	Cross Legged QL Stretch	Hold 15-20 seconds per side x1		7	90-90 Mobility	Hold 20 seconds per side x2		7	Half Wall Hang	Hold 20 seconds x2	7	Walk the Dog Stretch	30 seconds
8	Shoulder Stretching	Hold 5-10 seconds per arm x2						8	Cross Legged QL Stretch	Hold 20 seconds per side x2		Repeat as many times as desired	



WEEKS 9-12

Day 1	Lower Body Focus	<p>NOTES The final 4 weeks of this program bring back familiar exercise seen in earlier weeks, but continue to stimulate muscle groups through decreased rest, increased volume, and workout format variations that will keep you on your toes. Days 1, 2, and 5 were designed to combine large muscle groups together to challenge the body, demanding athleticism and resiliency from you. Finish strong!</p>
Day 2	Upper Body Focus	
Day 3	Lower Body Focus	
Day 4	Upper Body Focus	
Day 5	Conditioning Day (Core/Cardio Focus)	
Day 6	Rest/Recovery/Mobility	
Day 7		

DAY 1 - LOWER BODY/CARDIO SUPERSET (switch back and forth between A&B... rest 45sec. between supersets)

		WEEK 9		WEEK 10		WEEK 11		WEEK 12- DELOAD		
LIFTS		Set	Reps	Set	Reps	Set	Reps	Set	Reps	NOTES
1A	Goblet Squats	1	10 reps	1	15 reps	1	18 reps	1	10 reps	Use DB, KB, textbooks, laundry detergent, etc... for weight
		2	10 reps	2	15 reps	2	15 reps	2	10 reps	
		3	10 reps	3	15 reps	3	18 reps			
		4	10 reps	4	15 reps	4	15 reps			
1B	Runner's Skips	1	12 reps	1	12 reps	1	10 reps	1	12 reps	2 sets per leg
		2	12 reps	2	12 reps	2	10 reps			
		3	12 reps	3	15 reps	3	12 reps	2	12 reps	
		4	12 reps	4	15 reps	4	12 reps			
2A	Towel Hamstring Curls	1	12 reps	1	14 reps	1	15 reps	1	10 reps	
		2	12 reps	2	14 reps	2	15 reps			
		3	12 reps	3	14 reps	3	15 reps	2	10 reps	
2B	Single leg hops	1	20 reps per leg	1	25 reps per leg	1	25 reps per leg	1	15 reps per leg	
		2	20 reps per leg	2	25 reps per leg	2	25 reps per leg			
		3	20 reps per leg	3	25 reps per leg	3	25 reps per leg	2	15 reps per leg	
3A	Elevated Glute Thrusters	1	12 reps	1	15 reps	1	18 reps	1	12 reps	
		2	12 reps	2	15 reps	2	18 reps			
		3	12 reps	3	15 reps	3	18 reps	2	12 reps	
		4	12 reps	4	15 reps	4	18 reps			
3B	Burpees	1	8 reps	1	10 reps	1	12 reps	1	8 reps	
		2	8 reps	2	10 reps	2	12 reps			
		3	8 reps	3	10 reps	3	12 reps	2	8 reps	
		4	8 reps	4	10 reps	4	12 reps			



DAY 2 - UPPER BODY/CORE

		WEEK 9	WEEK 10	WEEK 11	WEEK 12- DELOAD					
LIFTS	SET	REPS	SET	REPS	SET	REPS	SET	REPS	NOTES	
1	Star Plank Hold	1	20 seconds	1	25 seconds	1	30 seconds	1	30 seconds	
		2	20 seconds	2	20 seconds	2	35 seconds	2	20 seconds	
		3	15 seconds	3	25 seconds	3	25 seconds			
2	Deadbugs	1	10 reps per side	1	12 reps per side	1	16 reps per side	1	12 reps per side	
		2	10 reps per side	2	12 reps per side	2	16 reps per side	2	12 reps per side	
		3	10 reps per side	3	12 reps per side	3	16 reps per side			
3	Reverse Push-up Rows	1	12 reps	1	15 reps	1	18 reps	1	15 reps	
		2	12 reps	2	15 reps	2	18 reps	2	10 reps	
		3	12 reps	3	15 reps	3	18 reps			
4	Plank with Towel Slideouts	1	10 reps per side	1	10 reps per side	1	12 reps per side	1	10 reps per side	
		2	10 reps per side	2	10 reps per side	2	12 reps per side	2	10 reps per side	
		3	10 reps per side	3	10 reps per side	3	12 reps per side			
5	I's, Y's, T's	1	10 reps	1	12 reps	1	15 reps	1	12 reps	
		2	15 reps	2	12 reps	2	15 reps			
		3	10 reps	3	15 reps	3	15 reps	2	12 reps	
		4	15 reps	4	15 reps	4	15 reps			
6	Thread the Needle	1	10 reps	1	12 reps	1	16 reps	1	6 reps	2 sets per side
		2	10 reps	2	12 reps	2	16 reps	2	6 reps	
		3	10 reps	3	12 reps	3	16 reps	3	6 reps	
		4	10 reps	4	12 reps	4	16 reps	4	6 reps	
7	Tricep Push-ups	1	6-8 reps	1	6-10 reps	1	8-12 reps	1	8 reps	
		2	6-8 reps	2	6-10 reps	2	8-12 reps	2	6 reps	
		3	6-8 reps	3	6-10 reps	3	8-12 reps			



DAY 3 - LOWER BODY CIRCUIT

4-6 Rounds - 30 seconds of work, 10 seconds rest between exercises

Warm-up: Light Jog, Jumping Jacks, Skipping, Bodyweight Squats

WEEK 9		WEEK 10		WEEK 11		WEEK 12 - DELOAD	
LIFTS		LIFTS		LIFTS		LIFTS	
1	Beast Hold	1	Bodyweight Squat Jump	1	Jumping Lunges	1	Mountain climbers (3 sec. hold on either side)
2	Side Shuffles	2	Adductor sideplank hold	2	Bodyweight squats	2	Leaning Towers
3	Alternating Reverse Lunges	3	Supine Leg raises	3	Mountain Climbers	3	Plank Jacks
4	Table Top Fire Hydrants	4	Hip raises	4	Weighted Good Morning's (use books, bag, DB, flour, etc...)	4	Squats onto Chair
5	Skater Strides	5	SUMO squat pulses	5	Single leg glute bridges	5	Rear Foot Elevated Split Squats
6	Leaning Towers	6	Side lunge low transfers	6	Skater Strides	6	Glute Bridges
	Rest 60 seconds between rounds	7	Walking lunges	7	90 degree Glute Bridges	7	Side Plank Abductions

DAY 3 - UPPER BODY CIRCUIT

4-6 Rounds - 30 seconds of work, 10 seconds rest between exercises

Warm-up: Light Jog, Jumping Jacks, Skipping, Arm Swings

WEEK 9		WEEK 10		WEEK 11		WEEK 12 - DELOAD	
LIFTS		LIFTS		LIFTS		LIFTS	
1	Incline Push-ups	1	Pike Push-ups	1	Push-ups	1	Superman's
2	Low Plank	2	Doorway Rows	2	Weighted Lateral Raises	2	Star Plank Hold
3	Dolphin Push-ups	3	Tricep Dips	3	Swimmers	3	Plank with Alternating Leg Raises
4	Bicep Curls	4	Scapula Push-ups	4	Plank Body Saws	4	I's, Y's, T's
5	Reverse Flies	5	Bird dog	5	Soup Can Sea Turtles	5	Jumping Jacks
6	Bent Over Row	6	Plank to Push-up	6	Weighted Push-Press	6	Plank with Towel Slideouts
	Rest 60 seconds between rounds	7	Y's, T's, W's, A's	7	Low Plank	7	Tricep Push-ups



DAY 5- CONDITONING DAY SUPERSETS (CORE/CARDIO FOCUS)- Switch back & forth between A & B... rest 30 sec. between supersets

		WEEK 9		WEEK 10		WEEK 11		WEEK 12- DELOAD		
LIFTS	SET	REPS	SET	REPS	SET	REPS	SET	REPS	NOTES	
1A	Hollow Core Hold	1	25 seconds	1	30 seconds	1	30 seconds	1	25 seconds	
		2	25 seconds	2	25 seconds	2	30 seconds	2	25 seconds	
		3	25 seconds	3	25 seconds	3	25 seconds			
1B	Tuck Jumps	1	12 reps	1	12 reps	1	15 reps	1	8 reps	
		2	12 reps	2	12 reps	2	12 reps	2	10 reps	
		3	12 reps	3	15 reps	3	15 reps			
2A	Plank Ski Hops	1	20 reps TOTAL	1	24 reps TOTAL	1	28 reps TOTAL	1	20 reps TOTAL	3 different hops = 1 rep
		2	20 reps TOTAL	2	24 reps TOTAL	2	28 reps TOTAL			
		3	20 reps TOTAL	3	24 reps TOTAL	3	28 reps TOTAL	2	20 reps TOTAL	
2B	Towel Pikes	1	8-12 reps	1	10-15 reps	1	12-16 reps	1	10 reps	
		2	8-12 reps	2	10-15 reps	2	12-16 reps	2	10 reps	
		3	8-12 reps	3	10-15 reps	3	12-16 reps			
3A	Side-lying Pikes	1	10 reps	1	12 reps	1	15 reps	1	12 reps	2 sets per side
		2	10 reps	2	12 reps	2	15 reps			
		3	10 reps	3	12 reps	3	12 reps	2	12 reps	
		4	10 reps	4	12 reps	4	12 reps			
3B	Body-weight Counter Movement Jumps	1	12 reps	1	10 reps	1	15 reps	1	8 reps	
		2	12 reps	2	15 reps	2	15 reps			
		3	12 reps	3	10 reps	3	15 reps	2	6 reps	
		4	12 reps	4	15 reps	4	10 reps			



DAY 6 & 7 - REST/RECOVERY/MOBILITY

Choice of mobility/stretching session (below) or other type of light physical activity such as walking, hiking, jogging, yoga, dancing

Stretching & Mobility Session

WEEK 9			WEEK 10			WEEK 11			WEEK 12 - DELOAD		
LIFTS		REPS	LIFTS		REPS	LIFTS			LIFTS		REPS
1	Windshield Wiper Stretch	Hold 15 seconds per side x2	1	Pigeon Stretch	Hold 15 seconds on each leg	1	Hip CARS	6 reps per direction per leg	1	World's Greatest	6 reps per side
2	Single Leg Romanian Deadlift	10 reps per leg x2	2	Upper Trap Stretch	Hold 20 seconds per side	2	Walking the Dog	30 seconds	2	Thoracic Bridge Rotations	8 reps per side
3	Downward Dog	Hold 15 seconds x2	3	Seated Hamstring Stretch	Hold 20 seconds	3	Doorway Chest Stretch	Hold for 20 seconds	3	Seated Groin Stretch	Hold 15 seconds
4	Half Kneeling Hip Flexor Stretch	Hold 20 seconds per leg x2	4	1/2 Kneeling Wall Rotations	5 reps per direction per arm	4	Side lying thoracic rotations	5 reps per side	4	Upper Trapezius Stretch	Hold 20 seconds per side
5	Chin to Chest Stretch	Hold 10 seconds x2	5	Frog glute bridges	10 reps	5	Seated Groin Stretch	Hold 20 seconds x2	5	Cat-Camel	8 transitions TOTAL
6	Gait Openers/Closers	8 reps of each, do both legs	6	Cross legged QL stretch	Hold 15 seconds per side	6	Pigeon Stretch	Hold 20 seconds per leg x2	6	Upward Dog	Hold 10 seconds
7	SLOW inch-worms	5 reps x2	7	Figure-4 Stretch	Hold 15 seconds on each leg	7	Child's Pose	Hold 20 seconds x2	7	90-90 Mobility	Hold 20 seconds per side
8	Half Wall Hang	Hold 20 seconds x2	Repeat 2-3 times			8	Side Lunge Adductor Stretch	Hold 20 seconds per leg x2	Repeat as many times as desired		



Exercise keeps me happy and mentally resilient

WENBIN (BEN)
Faculty of Mathematics