



	Week 1			Week 2			Week 3			Week 4		
Day 1	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any
Lower Body Push	As many as possible	20 mins		As many as possible	23 mins		As many as possible	26 mins		As many as possible	29 mins	
Upper Body Pull												
Lower Body Pull												
Upper Body Push												
Core												

Day 2	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any
Lower Body Push	As many as possible	20 mins		As many as possible	23 mins		As many as possible	26 mins		As many as possible	29 mins	
Upper Body Pull												
Lower Body Pull												
Upper Body Push												
Glutes												

Day 3	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any
Lower Body Push	As many as possible	20 mins		As many as possible	23 mins		As many as possible	26 mins		As many as possible	29 mins	
Upper Body Pull												
Lower Body Pull												
Upper Body Push												
Core												

Day 4 (option)	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any	Rounds	Time	Exercise used. Gear used if any
Glutes	As many as possible	20 mins		As many as possible	23 mins		As many as possible	26 mins		As many as possible	29 mins	
Upper Body Pull												
Lower Body Pull												
Upper Body Push												
Core												

Instructions:

Warm up with some jumping jacks / jogging or similar until heart rate is elevated but you are still able to speak in sentences without pausing for breath.
 For each exercise, select an option that you can for 20 reps or less
 Do each movement until you feel you can only do it for 2-3 more reps, then change to the next exercise
 Rest as need between rounds. (1 round = all the exercises for the day)
 Do as many rounds as possible in the given time.

How To Increase Difficulty:

1. Select a harder variation (closer to top of list)
2. Swap to single leg version or single arm version (or assisted single leg/arm version for a difficulty level between the two)
3. Add weight. Bag of books / rocks etc, bottles of water / sand. Or use resistance bands.
4. Reduce speed on the way down, and/or pause at the lowest point, and/or use 'super reps' (go down, half way up, back down, fully up)

After This Program:

After 4-6 weeks, return to the start of the program and increase the difficulty level of each movement