

PT Plan – Week 2 (Level II)

Day 1: Cardio

| Exercise | Reps/Time | Sets |
|---|-----------|------|
| Dynamic warmup/stretch | 3-5 min | 1 |
| 4-Count dead bugs | 8 | 3 |
| Hanging knee raises -or- Lying leg levers | 10 | 3 |
| Rest/water | 2 min | 1 |
| Run 1.5 miles at a moderate pace | ~ | 1 |
| Rest/water | 3 min | 1 |
| Run 1.5 miles at a moderate but consistent pace | ~ | 1 |

Day 2: Upper body

| Exercise | Repetitions | Sets |
|--|--------------|------|
| Dynamic warmup/stretch | 3-5 min | 1 |
| Lying 4-count windshield-wipers | 12 | 3 |
| Alternating plank extensions | 10 each side | 3 |
| Narrow-grip pushups (Different than diamond pushups) | 15 | 3 |
| “Hollow body” pushups (keep your core tight) | 20 | 3 |
| Sphinx pushups | 20 | 3 |
| Crucifix pushups | 10 | 3 |

Day 3: Lower body

| Exercise | Repetitions | Sets |
|--|-------------|------|
| Dynamic warmup/stretch | 3-5 min | 1 |
| Side plank | 45 sec each | 3 |
| Jump squats | 15 | 3 |
| Walking lunges | 20 | 3 |
| Wall-sits | 60 sec | 3 |
| Single leg calf raises | 15 per leg | 3 |
| Air squats | 30 | 3 |