

# PT Plan – Week 2 (Level III)

## Day 1: Cardio

Exercise	Reps/Time	Sets
Dynamic warmup/stretch	3-5 min	1
<a href="#">4-Count dead bugs</a>	10	3
<a href="#">Hanging knee raises</a> -or- <a href="#">Lying leg levers</a>	20	3
Rest/water	2 min	1
Run 2 miles at a moderate/fast pace	~	1
Rest/water	4 min	1
Run 2 miles at a moderate/fast pace	~	1

## Day 2: Upper body

Exercise	Repetitions	Sets
Dynamic warmup/stretch	3-5 min	1
<a href="#">Lying 4-count windshield-wipers</a>	15	3
<a href="#">Hollow-body holds</a>	45 sec	3
<a href="#">Alternating Archer pushups</a>	12	3
<a href="#">Pseudo-planche pushups</a> (aka “biceps” pushups)	4	3
<a href="#">Sphinx pushups</a>	20	3
<a href="#">Crucifix pushups</a>	15	3

## Day 3: Lower body

Exercise	Repetitions	Sets
Dynamic warmup/stretch	3-5 min	1
<a href="#">Side plank</a>	45 sec each	3
<a href="#">Bavarian split-squats</a>	10 each leg	3
<a href="#">Alternating cossack squats</a>	20	3
Wall-sits	90 sec	5
<a href="#">Single leg calf raises</a>	20 per leg	3
<a href="#">Air squats</a>	50	3