

PT Plan – Week 3 (Level I)

Day 1: AMRAP (As Many Repetitions As Possible)

AMRAP: 25 min	Reps/Time	Sets
Crunches	20	-
Pushups	15	-
Air squats	15	-
4-count Mountain Climbers	20	-
4-count Russian Twists	10	-
Pike pushups	10	-
Rest 60 seconds, and repeat	60 sec	-

Day 2: Lower body circuit

	Repetitions	Sets
Dynamic warmup/stretch	3-5 min	1
Circuit: 4 Rounds, 30 sec rest between exercises	-	4
Wall-sit	1 min	-
4-count flutter kicks	20	-
Walking lunge	20	-
Calf raises (on a curb, step, or sturdy object)	15	-
High knees	30 sec	-
Rest 30 seconds, then begin the next round	30 sec	-

Day 3: “Luck of the Draw” – Get a deck of playing cards, shuffle the deck, and cut it in half. Draw from the ½ of the deck, and do the corresponding workouts:

Card number	Exercise	Suit:
2	Jumping Jacks (Side Straddle Hops)	(♥) - 5 reps/30 sec
3	2-count Mountain Climbers	(♣) - 10 reps/60 sec
4	Air Squats	(♦) - 15 reps/90 sec
5	Pushups	(♠) - 20 reps/120 sec
6	Burpees	
7	Diamond Pushups	
8	Plank	
9	6-Inch Leg Hold	
10/J/Q/K	Crunches	
Ace	Rest 30 sec	