

## PT Plan – Week 3 (Level II)

### Day 1: AMRAP (As Many Repetitions As Possible)

| AMRAP: 30 min                                  | Reps/Time | Sets |
|--|-----------|------|
| Crunches                                       | 30        | -    |
| Pushups  | 15        | -    |
| Air squats                                     | 20        | -    |
| 4-count Mountain Climbers                      | 25        | -    |
| 4-count Russian Twists                         | 20        | -    |
| Pike pushups                                   | 15        | -    |
| V-ups (Like a crunch, but you touch your toes) | 10        | -    |
| Rest 60 seconds, and repeat                    | 60 sec    | -    |

### Day 2: Lower body circuit

|  | Repetitions | Sets |
|--|-------------|------|
| Dynamic warmup/stretch                           | 3-5 min     | 1    |
| Circuit: 5 Rounds, 30 sec rest between exercises | -           | 5    |
| Wall-sit   | 90 sec      | -    |
| 4-count flutter kicks                            | 25          | -    |
| Walking lunge                                    | 20          | -    |
| Calf raises (on a curb, step, or sturdy object)  | 20          | -    |
| 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           | Jump Squats   | (♦) - 15 reps/90 sec  |
| 5           | Pushups   | (♠) - 20 reps/120 sec |
| 6           | Burpees   |                       |
| 7           | Diamond Pushups s   |                       |
| 8           | Plank   |                       |
| 9           | 6-Inch Leg Hold   |                       |
| 10/J/Q/K    | Crunches  |                       |
| Ace         | Rest 30 sec   |                       |
| Joker       | <i>What? You must be joking, that's not a real card! Draw again</i> |                       |