

PT Plan – Week 3 (Level III)

Day 1: AMRAP (As Many Repetitions As Possible)

AMRAP: 30 min	Reps/Time	Sets
Dead-bugs (a.k.a. Cross-body toe touches)	10	-
Pushups	20	-
Jump squats	20	-
4-count Mountain Climbers	25	-
4-count Russian Twists	20	-
Pike pushups	20	-
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	120 sec	-
4-count flutter kicks	30	-
Walking lunge	20	-
One leg calf raises (on a curb, step, or sturdy object)	15 each leg	-
High knees	45 sec	-
Rest 30 seconds, then begin the next round	30 sec	-

Day 3: “Luck of the Draw” – Get a deck of playing cards and shuffle it. Draw one card at a time and do the corresponding workouts using the chart below. **For a bonus challenge**, get a partner to work through the deck with you, and see who can collect more cards by the end!

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	
Skip	What? Wrong game	