

PT Plan – Week 4 (Level III)

Day 1: Lower body pyramid workout

Add one rep every round until you get to 15 reps per set	Reps/Time	Sets
Bicycle crunches	10 - 20	11
Walking lunges	10 - 20	11
Air squats	10 - 20	11
4-count Mountain Climbers	10 - 20	11
Single leg calf raises	10 - 20	11
Sumo squats (wide stance squats)	10 - 20	11
Rest 75 seconds, and repeat	75 sec	-

Day 2: Upper body endurance workout

	Repetitions	Sets
Stretch, jog/run around the block	3-5 min	1
Superset: 5 rounds with 2 minute rests between	-	4
Pushup (normal grip), then...	25	4
Diamond pushup, then...	10	4
Plank	60 sec	4
- Rest/water, then repeat Superset -	120 sec	-
Lying leg levers	20	3
Run/jog 2 miles (plan out a route on google maps or an app like Strava)	1	1

Day 3: “Wingman workout”, a.k.a “Save your Wingman”

Find a friend and a space you can socially distance. Both of you must complete both exercises before each round ends and you can both rest. Once you’re done, switch exercises before moving onto the next round.

Alternative: This can also be done solo if you prefer to workout alone or don’t have space to socially distance.

Round	Person 1	Person 2
1	30 Pushups	Front leaning rest (or plank)
2	25 Air squats	Squat hold (or wall-Sit)
3	15 Burpees	4-Count mountain climbers
4	30 Crunches	6-Inch leg hold
5	12 Narrow-grip pushups	Front leaning rest (or plank)
6	Rest 60 sec total	-
7	25 Jump squats	Squat hold (or Wall-Sit)
8	13 4-Ct small arm circles (palms down)	13 4-Ct small arm circles (palms up)
9	30 Lying leg raises	6-inch leg hold

