

PT Plan – Week 2 (Level I)

Day 1: Cardio

Exercise	Reps/Time	Sets
Dynamic warmup/stretch	3-5 min	1
4-count bicycle crunches	15	3
Lying leg levers	10	3
Rest/water	2 min	1
Run 1 mile at a moderate but consistent pace	~	1
Rest/water	3 min	1
Run 1 mile at a moderate but consistent pace	~	1

Day 2: Upper body

Exercise	Repetitions	Sets
Dynamic warmup/stretch	3-5 min	1
Lying 2-count windshield-wipers	10	3
4-count flutter kicks	10	3
Narrow-grip pushups (Different than diamond pushups)	10	2
“Hollow body” pushups (keep your core tight)	20	3
Sphinx pushups	15	3
Wide grip pushups	10	3

Day 3: Lower body

Exercise	Repetitions	Sets
Dynamic warmup/stretch	3-5 min	1
Side plank	30 sec each	3
Jump squats	10	3
Walking lunges	16	3
Wall-sits	45 sec	3
Single leg calf raises	10 per leg	3
Air squats	20	3