

PT Plan – Week 2 (Level III)

Day 1: Cardio

Exercise	Reps/Time	Sets
Dynamic warmup/stretch	3-5 min	1
4-Count dead bugs	10	3
Hanging knee raises -or- Lying leg levers	20	3
Rest/water	2 min	1
Run 2 miles at a moderate/fast pace	~	1
Rest/water	4 min	1
Run 2 miles at a moderate/fast pace	~	1

Day 2: Upper body

Exercise	Repetitions	Sets
Dynamic warmup/stretch	3-5 min	1
Lying 4-count windshield-wipers	15	3
Hollow-body holds	45 sec	3
Alternating Archer pushups	12	3
Pseudo-planche pushups (aka “biceps” pushups)	4	3
Sphinx pushups	20	3
Crucifix pushups	15	3

Day 3: Lower body

Exercise	Repetitions	Sets
Dynamic warmup/stretch	3-5 min	1
Side plank	45 sec each	3
Bavarian split-squats	10 each leg	3
Alternating cossack squats	20	3
Wall-sits	90 sec	5
Single leg calf raises	20 per leg	3
Air squats	50	3