

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> | |