

Overview

Day 1	Day 2	Day 3
1. Warmup Fast Walk 20 minutes at Park	1. Warmup Fast Walk 20 minutes at Park	1. Warmup Fast Walk 20 minutes at Park
2. Stretch	2. Stretch	2. Stretch
3a. Barbell Deadlift	3a. Barbell Squat	3a. Kettlebell Swing
3b. Bent Over Row	3b. Lat Pulldown	3b. Medicine Ball Slam Down
4a. Step Up	4a. Lunge	4a. Barbell Curl
4b. Pushup	4b. Barbell Shoulder Press	4b. Barbell Tricep Extension Laying Down
5. Abdominal Trunk Flexion On Swiss Ball	5. Floor Trunk Flexion	4c. Plank

Week	Sets x Reps	Plank, sets x time
1	3 x 15	3 x 30 seconds
2	3 x 12	3 x 45 seconds
3	3 x 10	3 x 60 seconds
4	1 x 12, 10, 8	3 x 75 seconds

DailyProgress With Progress Tracker

<b>Week 1, Day 1, 3 x 15</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Week 1, Day 2, 3 x 15</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Week 1, Day 3, 3 x 15</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
1. Warmup Fast Walk 20 minutes at Park				1. Warmup Fast Walk 20 minutes at Park				1. Warmup Fast Walk 20 minutes at Park			
2. Stretch				2. Stretch				2. Stretch			
3a. Barbell Deadlift				3a. Barbell Squat				3a. Kettlebell Swing			
3b. Bent Over Row				3b. Lat Pulldown				3b. Medicine Ball Slam Down			
4a. Step Up				4a. Lunge				4a. Barbell Curl			
4b. Pushup				4b. Barbell Shoulder Press				4b. Barbell Tricep Extension Laying Down			
5. Abdominal Trunk Flexion On Swiss Ball				5. Floor Trunk Flexion				4c. Plank 3 x 30 seconds			
<b>Week 2, Day 1, 3 x 12</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Week 2, Day 2, 3 x 12</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Week 2, Day 3, 3 x 12</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
1. Warmup Fast Walk 20 minutes at Park				1. Warmup Fast Walk 20 minutes at Park				1. Warmup Fast Walk 20 minutes at Park			
2. Stretch				2. Stretch				2. Stretch			
3a. Barbell Deadlift				3a. Barbell Squat				3a. Kettlebell Swing			
3b. Bent Over Row				3b. Lat Pulldown				3b. Medicine Ball Slam Down			
4a. Step Up				4a. Lunge				4a. Barbell Curl			
4b. Pushup				4b. Barbell Shoulder Press				4b. Barbell Tricep Extension Laying Down			
5. Abdominal Trunk Flexion On Swiss Ball				5. Floor Trunk Flexion				4c. Plank 3 x 45 seconds			
<b>Week 3, Day 1, 3 x 10</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Week 3, Day 2, 3 x 10</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Week 3, Day 3, 3 x 10</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
1. Warmup Fast Walk 20 minutes at Park				1. Warmup Fast Walk 20 minutes at Park				1. Warmup Fast Walk 20 minutes at Park			
2. Stretch				2. Stretch				2. Stretch			
3a. Barbell Deadlift				3a. Barbell Squat				3a. Kettlebell Swing			
3b. Bent Over Row				3b. Lat Pulldown				3b. Medicine Ball Slam Down			
4a. Step Up				4a. Lunge				4a. Barbell Curl			
4b. Pushup				4b. Barbell Shoulder Press				4b. Barbell Tricep Extension Laying Down			
5. Abdominal Trunk Flexion On Swiss Ball				5. Floor Trunk Flexion				4c. Plank 3 x 60 seconds			
<b>Week 4, Day 1, 1 x 12, 10, 8</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Week 4, Day 2, 1 x 12, 10, 8</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Week 4, Day 3, 1 x 12, 10, 8</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
1. Warmup Fast Walk 20 minutes at Park				1. Warmup Fast Walk 20 minutes at Park				1. Warmup Fast Walk 20 minutes at Park			
2. Stretch				2. Stretch				2. Stretch			
3a. Barbell Deadlift				3a. Barbell Squat				3a. Kettlebell Swing			
3b. Bent Over Row				3b. Lat Pulldown				3b. Medicine Ball Slam Down			
4a. Step Up				4a. Lunge				4a. Barbell Curl			
4b. Pushup				4b. Barbell Shoulder Press				4b. Barbell Tricep Extension Laying Down			
5. Abdominal Trunk Flexion On Swiss Ball				5. Floor Trunk Flexion				4c. Plank 3 x 75 seconds			