

Week 1: Movement and Mobility: Use Light Weights

Day 1: Deadlift Day

Day 2: Pushing Day

Day 3: CARDIO

Day 4: Squat Day

Day 5: Pull Day

Day 6: CARDIO

Day 7: Rest

---

**Day 1: Bend and Lift**

---

**[Full Dynamic Warm Up](#)****Mobility Circuit, 2 rounds, 30 second rest/round**

1. [Pigeon Stretch](#) 30 Seconds/side
2. [Frog Stretch](#) 30 Seconds
3. [T-Spine Rotation](#) 30 Seconds

**Core Circuit, 3 rounds, 30 second rest/round**

1. [Elbow Plank](#) 30 Seconds
2. [Side Elbow Plank](#) 30 Seconds/Side
3. [Bridge Resistance Band](#) 10 Reps, Squeeze 2 Seconds at top
4. [Floor "A"](#) 20 Reps

---

**Strength Training 90 second rest/ set**

1. [Deadlift](#) 5x25 Bodyweight
2. [Split Squats](#) 3x10/side

---

**Balance Training, 2 rounds, 30 second rest/round**

1. [RDL Complex](#) 15 Repetitions
2. [Bird Dog](#): 20 alternating Repetitions

---

**Static Stretching**

1. [Capoeira Stretch](#) 30 seconds/side
  2. [Seal Stretch](#) 30 seconds
-

**Day 2: Pushing**[Full Dynamic Warm Up](#)**Mobility Circuit, 2 rounds, 30 second rest/round**

1. [Shoulder Dislocations](#) 30 Seconds
2. [Wall Lat Stretch](#) 30 Seconds
3. [Scorpion](#) 30 seconds (/side)

**Core Circuit 3 rounds, 30 second rest/round**

1. [Straight Arm Plank](#) 30 Seconds
2. [Straight Arm Side Plank](#) 30 Seconds/Side
3. [Band Pull-Apart](#) 20 reps
4. [Bridge Med Ball](#) 30 Seconds

**Strength Training 90 second rest/ set**

1. [Incline Dumbbell Press](#) 3x10/side
2. [Shoulder Press](#) 3x10
3. [Push Ups](#) 3x Max

**Balance Training, 2 rounds, 30 second rest/round**

1. [Front Plank to Side](#) 20 Alternating
2. [Unstable Mountain Climber](#) Alternating

**Static Stretching**

1. [Childs Pose \(ext rot\)](#) 60 seconds/side
2. [Yoga Bridge](#) 45 seconds

---

**Day 3: Squat and Lift**

---

**[Full Dynamic Warm Up](#)**

---

**Mobility Circuit, 2 rounds, 30 second rest/round**

---

1. [Ankle Dorsiflexion](#) 10 Pulses/Side
2. [Couch Stretch](#) 30 Seconds each side
3. [Squat + T-Spine](#) 30 Seconds

---

**Core Circuit, 3 rounds, 30 second rest/round**

---

1. [Hip Extension Plank](#) 20 alternating repetitions
2. [Side Plank Hip Abduction](#) 10 Reps/side
3. [Weighted YTA](#) 30 Total Reps
4. [Single Leg Balance and Reach](#) 15 Reps/leg

---

**Strength Training 90 second rest/ set**

---

1. [Prisoner Squat](#) 5x25 Repetitions
2. [Walking Lunges](#) 3x20 Alternating Lunges (Bodyweight)
3. [Lateral Lunge](#) 3x10/side

---

**Balance Training, 2 rounds, 30 second rest/round**

---

1. [Hip Dip](#) 10 Reps/side
2. [Fire Hydrant BC](#) 10 Reps/side

---

**Static Stretching**

---

1. [Pigeon Stretch](#) 30 seconds (/side)
-

**Day 4: Pulling**[Full Dynamic Warm Up](#)**Mobility Circuit, 2 rounds, 30 second rest/round**

1. [Lizard Stretch & Reach](#) 30 Seconds/Side
2. [Wall Lat Stretch](#) 30 Seconds
3. [Band Pull Apart](#) 20

**Core Circuit, 3 rounds, 30 second rest/round**

1. [Hip Abduction Plank](#) 20 Alternating
2. [Side Plank Hip Flexion](#) 10/side
3. [Blackburns](#) 10 total reps
4. [Knee Drive Switch](#) 20 Alternating Reps

**Strength Training 90 second rest/ set**

1. [Band Rows](#) 3x25
2. [Bent Over Row](#) 3x15
3. [One Arm Row](#) 2x15/side

**Balance Training, 2 rounds, 30 second rest/round**

1. [Unstable YTA \(2.5 LB\)e](#) 30 Total Reps
2. [Internal Rotations](#) 15 Reps/Side

**Static Stretching**

1. [Childs Pose + \(ext rot\)](#) 30 seconds/side
2. [Scorpion Stretch](#) 30 seconds /side