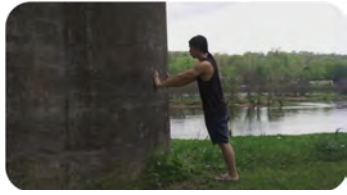


#1 - Wall Pushups

LEVEL 1: 2 Sets of 30
LEVEL 2: 2 Sets of 50
LEVEL 3: 3 Sets of 50



#1 - Knee Raises

LEVEL 1: 2 Sets of 10
LEVEL 2: 2 Sets of 20
LEVEL 3: 2 Sets of 30



#1 - Wall Pullups

LEVEL 1: 2 Sets of 30
LEVEL 2: 2 Sets of 50
LEVEL 3: 3 Sets of 50



#1 - Jackknife Squats

LEVEL 1: 2 Sets of 15
LEVEL 2: 2 Sets of 25
LEVEL 3: 3 Sets of 35



#1 - Glute Bridges

LEVEL 1: 2 Sets of 15
LEVEL 2: 2 Sets of 30
LEVEL 3: 3 Sets of 50



#1 - Straight Leg Twists

LEVEL 1: 3 Holds of 15 Sec
LEVEL 2: 3 Holds of 30 Sec
LEVEL 3: 3 Holds of 60 Sec



#2 - Incline Pushups

LEVEL 1: 2 Sets of 20
LEVEL 2: 2 Sets of 30
LEVEL 3: 3 Sets of 40



#2 - Adv. Knee Raises

LEVEL 1: 2 Sets of 10
LEVEL 2: 2 Sets of 20
LEVEL 3: 2 Sets of 30



#2 - Horizontal Pullups

LEVEL 1: 2 Sets of 15
LEVEL 2: 2 Sets of 30
LEVEL 3: 3 Sets of 50



#2 - Assisted Squats

LEVEL 1: 2 Sets of 10
LEVEL 2: 2 Sets of 20
LEVEL 3: 3 Sets of 30



#2 - Straight Bridges

LEVEL 1: 2 Sets of 15
LEVEL 2: 2 Sets of 25
LEVEL 3: 3 Sets of 30



#2 - Bent Leg Twists

LEVEL 1: 3 Holds of 15 Sec
LEVEL 2: 3 Holds of 30 Sec
LEVEL 3: 3 Holds of 60 Sec



#3 - Adv. Incline Pushups

LEVEL 1: 2 Sets of 20
LEVEL 2: 2 Sets of 30
LEVEL 3: 3 Sets of 35



#3 - Alt. Leg Raises

LEVEL 1: 2 Sets of 10
LEVEL 2: 2 Sets of 20
LEVEL 3: 2 Sets of 30



#3 - Adv. Horizontal Pullups

LEVEL 1: 2 Sets of 10
LEVEL 2: 2 Sets of 15
LEVEL 3: 3 Sets of 25



#3 - Half Squats

LEVEL 1: 2 Sets of 10
LEVEL 2: 2 Sets of 25
LEVEL 3: 3 Sets of 30



#3 - Wall Bridges

LEVEL 1: 2 Sets of 15
LEVEL 2: 2 Sets of 25
LEVEL 3: 3 Sets of 30



#3 - Full Twists

LEVEL 1: 3 Holds of 15 Sec
LEVEL 2: 3 Holds of 30 Sec
LEVEL 3: 3 Holds of 60 Sec



#4 - Knee Pushups

LEVEL 1: 2 Sets of 10
LEVEL 2: 2 Sets of 20
LEVEL 3: 3 Sets of 30



#4 - Full Leg Raises

LEVEL 1: 2 Sets of 5
LEVEL 2: 2 Sets of 15
LEVEL 3: 2 Sets of 25



#4 - Jackknife Pullups

LEVEL 1: 2 Sets of 5
LEVEL 2: 2 Sets of 15
LEVEL 3: 3 Sets of 20



#4 - Full Squats

LEVEL 1: 2 Sets of 10
LEVEL 2: 2 Sets of 20
LEVEL 3: 3 Sets of 30



#4 - Incline Bridges

LEVEL 1: 2 Sets of 10
LEVEL 2: 2 Sets of 20
LEVEL 3: 2 Sets of 25



#5 - Full Pushups

LEVEL 1: 2 Sets of 5
LEVEL 2: 2 Sets of 15
LEVEL 3: 3 Sets of 25



#5 - Tuck Plow Raises

LEVEL 1: 2 Sets of 10
LEVEL 2: 2 Sets of 15
LEVEL 3: 2 Sets of 20



#5 - Full Pullups

LEVEL 1: 1 Set of 3
LEVEL 2: 2 Sets of 6
LEVEL 3: 3 Sets of 12



#5 - Narrow Squats

LEVEL 1: 2 Sets of 10
LEVEL 2: 2 Sets of 15
LEVEL 3: 2 Sets of 30



#5 - Head Bridges

LEVEL 1: 2 Sets of 5
LEVEL 2: 2 Sets of 10
LEVEL 3: 2 Sets of 25



Monday:
Pushups: 2-3 Sets
Leg Raises: 2-3 Sets
Tuesday:
Pullups: 2-3 Sets
Squats: 2-3 Sets
Wednesday:
Bridges: 2-3 Sets
Twists: 2-3 Sets
Thursday:
Pushups: 2-3 Sets
Leg Raises: 2-3 Sets

Thursday:
Pushups: 2-3 Sets
Leg Raises: 2-3 Sets
Friday:
Pullups: 2-3 Sets
Squats: 2-3 Sets
Saturday:
Bridges: 2-3 Sets
Twists: 2-3 Sets
Sunday:
resting and stretching

Repetition Speed:
2 s. Down, 1 s. Pause,
2 s. Up, 1 s. Pause
Rest Times:
90 s. between sets,
2-3 m. between exercises

