

(Basic) Upper Body Strength:

No	Exercise	Reps	Sets	Focus
1	Bench Press	8	3	Knee to 90° & Straight back
2	DB Row	8	3	Knee on bench & back flat
3	DB Side Raise	8	3	15° Bend at elbow, raise to shoulder height
4	DB or BB Shoulder Press (Overhead)	6	3	Back straight, eyes forward
5	Pull Ups: Option -Body weight -Weighted -Band assisted	8-10 3-5 Max	3 3 3	<i>Choose to challenge accordingly:</i> Chin to bar

(Basic) Lower Body Strength:

No	Exercise	Reps	Sets	Focus
1	Squat: Option -Back Squat -Power Bag or Plate -TRX	8-10 8-10 10-12	3 3 3	<i>Choose to challenge accordingly:</i> -Experience level -Condition ability -Back straight
2	Step-Ups	6 (each-side)	3	Box/Step height according to ability: -Back straight -Eyes forward
3	Calf Raise	8-12	3	-Use DB or machine -Use step or block to increase ankle range of motion (ROM)
4	Reverse Glut Bridge	10-12 (each side)	2-3	-Focus on glue (buttocks) squeeze and control -keep back & neck straight

(Basic) Full Body Strength:

No	Exercise	Reps	Sets	Focus
1	DB Press	8	3	Knee to 90° & Straight back
2	Seated Row	8	3	Knee on bench & back flat
3	Squat: Option -Back Squat -Power Bag or Plate -TRX	8-10 8-10 10-12	3 3 3	<i>Choose to challenge accordingly:</i> -Experience level -Condition ability -Back straight
4	Arnold DB Shoulder Press	6-8	3	Back straight, eyes forward (<i>move from lowered to overhead position</i>)
5	Med Ball Slam	3-5	2-3	-Wall or Ground
6	Abdominal Crunch	15-20	2-3	-Abdominal squeeze -Slow and controlled -Control the neck