

<p><b>Day 1</b>  A1) Incline Dumbbell Bench Press 12-15/arm Rest 30s  A2) Gravitron Pull Up 8-10 Rest 30s x 3  B1) Seated Single Leg Knee Extension 12-15/leg Rest 30s  B2) Seated Hamstring Curl 12-15/leg Rest 30s x 3  C1) Lying Tricep Extension 8-10 Rest 30s  C2) Seated Row Machine 8-10 Rest 30s x 3  D1) Seated Hip Adduction 8-10 Rest 30s  D2) Seated Hip Abduction 8-10 Rest 30s x 3  E) 8 Sets  30s Bike  30s Rest  Same pace per Moderate effort</p>	<p><b>Day 2</b>  A1) 10 Minutes Moderate Bike Rest/Walk 5 Minutes  Over the next four weeks maintain a similar pace  A2) 10 Minutes Moderate Row Rest/Walk 5 Minutes  A3) 10 Minutes Easy Stair Master  B) Accumulate 3 Minutes in a Low plank  C) Side Bridge  15s Left/ 15s Right Rest 30s x 3</p>	<p><b>Day 3</b>  A) Reverse Lunges 16-20 Alternating Legs Rest 30s  A2) Single Leg Romanian Deadlift with DB 8/leg Rest 30s x 3  B1) Seated Curl To Press 12-15 Rest 30s  B2) Seated Lat Pull Down 12-15 Rest 30s  B3) Back Extension 12-15 Rest 30s x 3  C1) DB Bench Press 12-15 Rest 30s  C2) DB Shoulder External Rotation x12-15/arm Rest 30s x 3  D) Weighted Hip Thrust 15-20 Rest 60s x 3  E) Easy Spin bike 10-20 minutes</p>	<p><b>Day 4</b>  A) 5 Rounds of Quality Work  4 Minute Bike/Elliptical  40m Farmers Carry w/ DBs  B2) Seated Lat Pull Down 12-15 Rest 30s  B) 5 Rounds of Quality Work  4 Minute Bike/Row  30s Front Leaning Rest</p>	<p><b>Day 5</b>  A1) Trap Bar Deadlift 3-5 Toughish perfect Rest 90s  A2) Gravitron Pull Up 3-5 tough Rest 90s x 5  B1) Seated Knee Extension 6-8 tough Rest 60s  B2) Seated Hamstring Curl 6-8 tough Rest 60s x 4  C1) Back Extension 6-8 Toughish Rest 60s  C2) Seated Row 3-5 Rest 60s x 4  D) 10 Minute AMRAP (As many Reps as Possible)  200m Bike  10 Leg Raises  5 Push Ups</p>	<p><b>Day 6</b>  Rest Day  30-60 Minutes Easy activity like walking</p>	<p><b>Day 7</b>  Rest Day</p>
<p><b>Day 8</b>  Everything today should be the same or slightly heavier than last week  A1) Incline Dumbbell Bench Press 12-15/arm Rest 30s  A2) Gravitron Pull Up 8-10 Rest 30s x 4  B1) Seated Single Leg Knee Extension 12-15/leg Rest 30s  B2) Seated Hamstring Curl 12-15/leg Rest 30s x 4  C1) Lying Tricep Extension 8-10 Rest 30s  C2) Seated Row Machine 8-10 Rest 30s x 4  D1) Seated Hip Adduction 8-10 Rest 30s  D2) Seated Hip Abduction 8-10 Rest 30s x 4  E) 10 Sets  30s Bike  30s Rest  Same pace as last week</p>	<p><b>Day 9</b>  Similar pace to last week  A1) 10 Minutes Moderate Bike Rest/Walk 4 Minutes  A2) 10 Minutes Moderate Row Rest/Walk 4 Minutes  A3) 10 Minutes Easy Stair Master  B) Accumulate 3 Minutes in a Low plank  C) Side Bridge  20s Left/ 20s Right Rest 30s x 3</p>	<p><b>Day 10</b>  A) Reverse Lunges 16-20 Alternating Legs Rest 30s  A2) Single Leg Romanian Deadlift with DB 8/leg Rest 30s x 4  B1) Seated Curl To Press 12-15 Rest 30s  B2) Seated Lat Pull Down 12-15 Rest 30s  B3) Back Extension 12-15 Rest 30s x 4  C1) DB Bench Press 12-15 Rest 30s  C2) DB Shoulder External Rotation x12-15/arm Rest 30s x 3  D) Weighted Hip Thrust 15-20 Rest 60s x 4  E) Easy Spin bike 10-20 minutes</p>	<p><b>Day 11</b>  A) 5 Rounds of Quality Work  4 Minute Bike/Elliptical  20m Single Arm Farmers Carry Left  20m Single Arm Farmers Carry Right  Rest/walk 10 Minutes  B) 5 Rounds of Quality Work  4 Minute Bike/Row  20s Side Bridge Rotations/side</p>	<p><b>Day 12</b>  A1) Trap Bar Deadlift 2-4 Toughish perfect Rest 90s  A2) Gravitron Pull Up 2-4 tough Rest 90s x 5  B1) Seated Knee Extension 6-8 tough Rest 60s  B2) Seated Hamstring Curl 6-8 tough Rest 60s x 4  C1) Back Extension 6-8 Toughish Rest 60s  C2) Seated Row 3-5 Rest 60s x 4  D) 12 Minute AMRAP (As many Reps as Possible)  200m Bike  10 Leg Raises  5 Push Ups</p>	<p><b>Day 13</b>  Rest Day  30-60 Minutes Easy activity like walking</p>	<p><b>Day 14</b>  Rest Day</p>
<p><b>Day 15</b>  Everything today should be heavier than last week  A1) Incline Dumbbell Bench Press 10-12/arm Rest 30s  A2) Gravitron Pull Up 6-8 Rest 30s x 3  B1) Seated Single Leg Knee Extension 10-12/leg Rest 30s  B2) Seated Hamstring Curl 10-12/leg Rest 30s x 3  C1) Lying Tricep Extension 6-8 Rest 30s  C2) Seated Row Machine 6-8 Rest 30s x 3  D1) Seated Hip Adduction 6-8 Rest 30s  D2) Seated Hip Abduction 6-8 Rest 30s x 3  E) 12 Sets  30s Bike  30s Rest  Same pace as last week</p>	<p><b>Day 16</b>  Similar pace to last week  A1) 10 Minutes Moderate Bike Rest/Walk 3 Minutes  A2) 10 Minutes Moderate Row Rest/Walk 3 Minutes  A3) 10 Minutes Easy Stair Master  B) Accumulate 3 Minutes in a Low plank  C) Side Bridge  30s Left/ 30s Right Rest 30s x 3</p>	<p><b>Day 17</b>  A) Reverse Lunges 20-24 Alternating Legs Rest 30s  A2) Single Leg Romanian Deadlift with DB 6/leg Rest 30s x 3  B1) Seated Curl To Press 10-12 Rest 30s  B2) Seated Lat Pull Down 10-12 Rest 30s  B3) Back Extension 10-12 Rest 30s x 3  C1) DB Bench Press 10-12 Rest 30s  C2) DB Shoulder External Rotation x 10-12/arm Rest 30s x 3  D) Weighted Hip Thrust 14-18 Rest 60s x 4  E) Easy Spin bike 10-20 minutes</p>	<p><b>Day 18</b>  A) 5 Rounds of Quality Work  4 Minute Bike/Elliptical  40m Farmers Carry w/ DBs  Rest/walk 10 Minutes  B) 5 Rounds of Quality Work  4 Minute Bike/Row  40s Front Leaning Rest</p>	<p><b>Day 19</b>  A1) Trap Bar Deadlift 3-5 Toughish perfect Rest 90s  A2) Gravitron Pull Up 3-5 tough Rest 90s x 6  B1) Seated Knee Extension 6-8 tough Rest 45s  B2) Seated Hamstring Curl 6-8 tough Rest 45s x 4  C1) Back Extension 6-8 Toughish Rest 45s  C2) Seated Row 3-5 Rest 45s x 4  D) 14 Minute AMRAP (As many Reps as Possible)  200m Bike  10 Leg Raises  5 Push Ups</p>	<p><b>Day 20</b>  Rest Day  30-60 Minutes Easy activity like walking</p>	<p><b>Day 21</b>  Rest Day</p>
<p><b>Day 22</b>  Everything today should be the same or slightly heavier than last week  A1) Incline Dumbbell Bench Press 10-12/arm Rest 30s  A2) Gravitron Pull Up 6-8 Rest 30s x 4  B1) Seated Single Leg Knee Extension 10-12/leg Rest 30s  B2) Seated Hamstring Curl 10-12/leg Rest 30s x 4  C1) Lying Tricep Extension 6-8 Rest 30s  C2) Seated Row Machine 6-8 Rest 30s x 4  D1) Seated Hip Adduction 6-8 Rest 30s  D2) Seated Hip Abduction 6-8 Rest 30s x 4  E) 14 Sets  30s Bike  30s Rest  Same pace per last week</p>	<p><b>Day 23</b>  A1) 10 Minutes Moderate Bike Rest/Walk 2 Minutes  A2) 10 Minutes Moderate Row Rest/Walk 2 Minutes  A3) 10 Minutes Easy Stair Master  B) Accumulate 3 Minutes in a Low plank  C) Side Bridge  20s Left/ 20s Right Rest 30s x4</p>	<p><b>Day 24</b>  A) Reverse Lunges 20-24 Alternating Legs Rest 30s  A2) Single Leg Romanian Deadlift with DB 6/leg Rest 30s x 4  B1) Seated Curl To Press 10-12 Rest 30s  B2) Seated Lat Pull Down 10-12 Rest 30s  B3) Back Extension 10-12 Rest 30s x 4  C1) DB Bench Press 6-8 Rest 30s  C2) DB Shoulder External Rotation x6-8/arm Rest 30s x 3  D) Weighted Hip Thrust 12-16 Rest 60s x 4  E) Easy Spin bike 10-20 minutes</p>	<p><b>Day 25</b>  A) 5 Rounds of Quality Work  4 Minute Bike/Elliptical  40m Farmers Carry w/ DBs  Rest/walk 10 Minutes  B) 5 Rounds of Quality Work  4 Minute Bike/Row  30s Side Bridge Rotations/side</p>	<p><b>Day 26</b>  A1) Trap Bar Deadlift 2-3 Toughish perfect Rest 90s  A2) Gravitron Pull Up 2-3 tough Rest 90s x 5  B1) Seated Knee Extension 6-8 tough Rest 60s  B2) Seated Hamstring Curl 6-8 tough Rest 60s x 5  C1) Back Extension 6-8 Toughish Rest 60s  C2) Seated Row 3-5 Rest 60s x 5  D) 16 Minute AMRAP (As many Reps as Possible)  200m Bike  10 Leg Raises  5 Push Ups</p>	<p><b>Day 27</b>  Rest Day  30-60 Minutes Easy activity like walking</p>	<p><b>Day 28</b>  Rest Day</p>
<p><b>Day 29</b>  A1) Incline Dumbbell Bench Press 15-20 Light Rest 30s  A2) Seated Lat Pull Down 15-20 Light Rest 30s x 3  B1) Seated Single Leg Knee Extension 15-20/leg Rest 30s light  B2) Seated Hamstring Curl 15-20/leg Rest 30s x 3 light!  C1) Lying Tricep Extension 12-15 Rest 30s light  C2) Seated Row Machine 12-15 Rest 30s x 3 light  D1) Seated Hip Adduction 15-20 Rest 30s  D2) Seated Hip Abduction 15-20 Rest 30s x 3 light  E) 8 Sets  30s Bike  30s Rest  Increase pace per 30s effort last 30s very tough</p>	<p><b>Day 30</b>  Workout  A) 60 Minute walk recommended to stay out of gym</p>	<p><b>Day 31</b>  A) Seated Curl To Press - Build to a tough five in 5 Sets  B) Seated Lat Pull Down - Build to a tough five in 5 Sets  C1) Back Extension 15-20 light rest 30s  C2) DB Bench Press 15-20 light Rest 30s  C3) DB Shoulder External Rotation 15-20 perfect light Rest 30s x 3  D) Glute Bridge  20 seconds of Reps / 10s Rest x 8  E) 60 Walking Lunges For Time</p>	<p><b>Day 32</b>  Workout  A) 60 Minute walk/ easy bike/ row/ elliptical</p>	<p><b>Day 33</b>  A1) Trap Bar Deadlift 1, 1, 1 Tough perfect Rest 90s  A2) Gravitron Pull Up 1, 1, 1 tough Rest 90s x 5  B) Superman Hold - As long as possible rest as needed x 2  C) Glute Bridge - Hold as long as possible rest as needed x 2  E) 5 Rounds For Time  200m Bike  10 Leg Raises  5 Push Ups</p>	<p><b>Day 34</b>  Rest Day  30-60 Minutes Easy activity like walking</p>	<p><b>Day 35</b>  Rest Day</p>