Day 1

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Week 1 | Week 2 | Week 3 | Week 4 |
| Exercise | Sets | Reps | Rest | Sets | Reps | Rest | Sets | Reps | Rest | Sets | Reps | Rest |
| (1) [Naked Turkish Get-up](http://robertsontrainingsystems.com/blog/turkish-get-ups-step-by-step/)\* | 3 | 3/side | 30 sec. | 3 | 3/side | 30 sec. | 3 | 3/side | 30 sec. | 3 | 3/side | 30 sec. |
| (2a) [Air Squat](http://www.youtube.com/watch?v=UdYvGsXj6y4) | 4 | 20 seconds | 30 sec. | 4 | 20 seconds | 25 sec.  | 4 | 20 seconds | 20 sec. | 4 | 20 seconds | 20 sec. |
| (2b) [T-Push-up\*](http://www.youtube.com/watch?v=9ZvjePKKFu0) | 4 | 4-5/side | 30 sec. | 4 | 4-5/side | 25 sec.  | 4 | 4-5/side | 20 sec. | 4 | 4-5/side | 20 sec. |
| (2c) [Alternating Reverse Lunge](http://www.youtube.com/watch?v=-P9HIPp1QG4)  | 4 | 6-8/side | 30 sec. | 4 | 6-8/side | 25 sec. | 4 | 6-8/side | 20 sec. | 4 | 6-8/side | 20 sec. |
| (2d) [Side Plank](http://www.youtube.com/watch?v=iaA1r5w4CSk)  | 3 | ALAP/side\* | 120 sec. | 3 | ALAP/side\* | 120 sec. | 3 | ALAP/side\* | 120 sec. | 3 | ALAP/side\* | 120 sec. |
| (3a) [Cross-over Jumping Jacks](http://www.youtube.com/watch?v=IS6Cs7j_JEc) | 4 | 20 seconds | 30 sec. | 4 | 20 seconds | 25 sec.  | 4 | 20 seconds | 20 sec. | 4 | 20 seconds | 20 sec. |
| (3b) [Single-leg Glute Bridge](http://www.youtube.com/watch?v=crGw1znKaBA)  | 4 | 6-8/side | 30 sec. | 4 | 6-8/side | 25 sec. | 4 | 6-8/side | 20 sec. | 4 | 6-8/side | 20 sec. |
| (3c) [Prone ITYW](http://deansomerset.com/2013/04/23/best-exercise-in-ever-ityw-shoulder-raise/)  | 3 | 5/5/5/5\* | 90 sec. | 3 | 5/5/5/5\* | 75 sec. | 3 | 5/5/5/5\* | 60 sec. | 3 | 5/5/5/5\* | 60 sec. |

**\*Notes/Weights Used:**

* Some of these exercises you may be able to find odd objects/items to hold onto and use as resistance.
* The Turkish Get-up is not literally done naked. “Naked” just means no external weight. You may have known this, but it’s worth pointing out in case you didn’t ☺. Do this if you have enough room and are comfortable with the movement.
* For the T Push-up, you’ll alternate between sides.
* 5/5/5/5 = 5 reps at each position.
* ALAP = As Long As Possible

Day 2

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Week 1 | Week 2 | Week 3 | Week 4 |
| Exercise | Sets | Reps | Rest | Sets | Reps | Rest | Sets | Reps | Rest | Sets | Reps | Rest |
| (1) [Naked Turkish Get-up](http://robertsontrainingsystems.com/blog/turkish-get-ups-step-by-step/)\* | 3 | 3/side | 30 sec. | 3 | 3/side | 30 sec. | 3 | 3/side | 30 sec. | 3 | 3/side | 30 sec. |
| (2a) [Rear Foot Elevated Split Squat](http://www.youtube.com/watch?v=NE9zjAmGClU) | 4 | 8-10/side | 30 sec. | 4 | 8-10/side | 25 sec. | 4 | 8-10/side | 20 sec. | 4 | 8-10/side | 20 sec. |
| (2b) [Pike Push-up](http://www.youtube.com/watch?v=sposDXWEB0A) | 4 | 8-10 | 30 sec. | 4 | 8-10 | 25 sec. | 4 | 8-10 | 20 sec. | 4 | 8-10 | 20 sec. |
| (2c) [Single-leg RDL](http://www.youtube.com/watch?v=VdsYonXpEfk) | 4 | 8-10/side | 30 sec. | 4 | 8-10 | 25 sec. | 4 | 8-10 | 20 sec. | 4 | 8-10 | 20 sec. |
| (2d) [Plank](http://www.youtube.com/watch?v=6TKktamzq4o)  | 4 | ALAP\* | 120 seconds | 4 | ALAP\* | 120 seconds | 4 | ALAP\* | 120 seconds | 4 | ALAP\* | 120 seconds |
| (3a) [Burpee](http://www.youtube.com/watch?v=c_Dq_NCzj8M)  | 4 | 20 seconds | 30 sec. | 4 | 20 seconds | 25 sec. | 4 | 20 seconds | 20 sec. | 4 | 20 seconds | 20 sec. |
| (3b) [Yoga Plex](http://www.youtube.com/watch?v=P_fFdP_Ugmk) | 4 | 6/side | 30 sec. | 4 | 6/side | 25 sec. | 4 | 6/side | 20 sec. | 4 | 6/side | 20 sec. |
| (3c) [Spiderman Push-up](http://www.youtube.com/watch?v=fSoigipsZM8) | 4 | 5-6/side | 90 sec.  | 4 | 5-6/side | 75 sec.  | 4 | 5-6/side | 60 sec.  | 4 | 5-6/side | 60 sec.  |

**\*Notes/Weights Used:**

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* The Turkish Get-up is not literally done naked. “Naked” just means no external weight. You may have known this, but it’s worth pointing out in case you didn’t ☺. Do this if you have enough room and are comfortable with the movement.
* ALAP = As Long As Possible

Day 3

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Week 1 | Week 2 | Week 3 | Week 4 |
| Exercise | Sets | Reps | Rest | Sets | Reps | Rest | Sets | Reps | Rest | Sets | Reps | Rest |
| (1) [Naked Turkish Get-up](http://robertsontrainingsystems.com/blog/turkish-get-ups-step-by-step/)\* | 3 | 3/side | 30 sec. | 3 | 3/side | 30 sec. | 3 | 3/side | 30 sec. | 3 | 3/side | 30 sec. |
| (2a) [Air Squat](http://www.youtube.com/watch?v=UdYvGsXj6y4) | 4 | 20 seconds | 30 sec. | 4 | 20 seconds | 25 sec.  | 4 | 20 seconds | 20 sec. | 4 | 20 seconds | 20 sec. |
| (2b) [Push-up](http://www.youtube.com/watch?v=e_1BDnOVKso) | 4 | 20 seconds | 30 sec. | 4 | 20 seconds | 25 sec.  | 4 | 20 seconds | 20 sec. | 4 | 20 seconds | 20 sec. |
| (2c) [Alternating Knee Hug to Warrior Lunge](http://www.youtube.com/watch?v=yzltYmwflUQ)\*  | 4 | 6-8/side | 30 sec. | 4 | 6-8/side | 25 sec. | 4 | 6-8/side | 20 sec. | 4 | 6-8/side | 20 sec. |
| (2d) [Shoulder Taps](http://www.youtube.com/watch?v=L4ssy2cAf-M) (keep body still)  | 3 | 6-10/side | 120 sec. | 3 | 6-10/side | 120 sec. | 3 | 6-10/side | 120 sec. | 3 | 6-10/side | 120 sec. |
| (3a) [Mountain Climbers](http://www.youtube.com/watch?v=4Oe1t1IZdNY) | 4 | 20 seconds | 30 sec. | 4 | 20 seconds | 25 sec.  | 4 | 20 seconds | 20 sec. | 4 | 20 seconds | 20 sec. |
| (3b) [Glute Bridge Walk-out](http://www.youtube.com/watch?v=zKcBow-ZlzU) (walkout until point before you lose hip extension; “out and back” is one rep) | 4 | 3 | 30 sec. | 4 | 3 | 25 sec. | 4 | 3 | 20 sec. | 4 | 3 | 20 sec. |
| (3c) [Yoga Push-up](http://www.youtube.com/watch?v=ExsznRI5Wf8)   | 3 | 8 | 90 sec. | 3 | 8 | 75 sec. | 3 | 8 | 60 sec. | 3 | 8 | 60 sec. |

**\*Notes/Weights Used:**

* Some of these exercises you may be able to find odd objects/items to hold onto and use as resistance.
* The Turkish Get-up is not literally done naked. “Naked” just means no external weight. You may have known this, but it’s worth pointing out in case you didn’t ☺. Do this if you have enough room and are comfortable with the movement.
* For the Knee Hug to Warrior Lunge, you’ll return to the starting position and not do them walking…unless you’re staying in a very large hotel room ☺.