

LEVEL 3	
DAYS 1, 3	
Upper Body Lifts	
DB Chest Press	3 x 10
Seated Rows	3 x 10
Push-ups	3 x 15
Reverse Grip Pulldown	3 x 10
Seated Shoulder Press	3 x 10
Lower Body Lifts	
Single-Leg DB Squat	3 x 10
Single-Leg Romanian Deadlift	3 x 10
Walking DB Lunge	3 x 10
Core	
Physioball Weighted Sit-up	3 x 10
Single-Leg V-ups	3 x 10
Alternate Arm/Leg Supermans	3 x 10
Side Bridge	3 x 10
DAY 2	
Upper Body Lifts	
Standing Single-Arm Cable Chest Press	3 x 10
Standing Single-Arm Cable Row	3 x 10
Single-Arm Lat Pulldown	3 x 10
Standing DB Press	3 x 10
Lower Body Lifts	
Single-Leg Leg Press	3 x 10
Hamstring Physioball Roll-up	3 x 10
Physioball Bridge Holds with Weight	3 x 45 second hold
Core	
Physioball Weighted Sit-up	3 x 10
Single-Leg V-up	3 x 10
Alternate Arm/Leg Supermans	3 x 10
Side Bridge	3 x 10

LEVEL 2	
DAYS 1,2,3	
Upper Body Lifts	
Standing Single-Arm Cable Chest Press	3 x 8
Plyometric Push-ups	3 x 10
Standing Single-Arm Cable Row	3 x 8
Reverse Grip Pulldown	3 x 8
Medicine Ball Woodchop Throw	3 x 10
Standing DB Press	3 x 8
Lower Body Lifts	
DB Step-ups	3 x 8
Power Step-ups	3 x 8
LEVEL 1	
DAYS 1,2	
Upper Body Lifts	
Standing Single-Arm Cable Chest Press	3 x 8
Plyometric Push-ups	3 x 10
Standing Single-Arm Cable Row	3 x 8
Reverse Grip Pulldown	3 x 8
Medicine Ball Woodchop Throw	3 x 10
Standing DB Press	3 x 8
Lower Body Corrective Work	