

LEVEL 1: 9-WORKOUT TRAINING PLAN



EQUIPMENT NEEDED:

» Exercise mat (*recommended*)

WORKOUT #1

3 SETS — 10 REPS *each exercise*

- Double Leg Bridge
- Open Book (*each side*)
- Cats and Dogs
- Push Ups

WORKOUT #2

3 SETS — 10 REPS *each exercise*

- Inverted Hamstring (*each side*)
- Bodyweight Squats (*each side*)
- Bear Crawl (*2 up, 2 back*)
- Kickstand Shoulder Turns (*each side*)

BODYWEIGHT

WORKOUT #3

3 SETS — 10 REPS *each exercise*

- Dynamic Hamstring (*each side*)
- Dynamic Quad (*each side*)
- Half Kneeling Hip Flexor (*each side*)
- Lateral Lunge (*each side*)

EQUIPMENT NEEDED:

» Set of exercise bands
» Exercise mat (*recommended*)

WORKOUT #1

3 SETS — 10 REPS *each exercise*

- Banded Squats
- Band Chest Press
- Face Pull
- Banded Lifts (*each side*)

WORKOUT #2

3 SETS — 10 REPS *each exercise*

- Banded RDL
- Banded Push-Up
- Single Arm Row (*each side*)
- Banded Chop (*each side*)

WORKOUT #3

3 SETS — 10 REPS *each exercise*

- Banded Rack Split Squat (*each side*)
- Half Kneeling Incline Press (*each side*)
- Half Kneeling Lat Pull Down (*each side*)
- Birdog (*each side*)

BANDS & BODYWEIGHT

EQUIPMENT NEEDED:

» Pair of dumbbells (*between 5-20 pounds*)
» Exercise mat (*recommended*)

WORKOUT #1

3 SETS — 10 REPS *each exercise*

- Goblet Squat
- Dumbbell RDL
- Dumbbell Press
- Single Arm Dumbbell Row (*each side*)

WORKOUT #2

3 SETS — 10 REPS *each exercise*

- Step Up to Rotation (*each side*)
- Dumbbell Pullover
- Half Kneeling Press (*each side*)
- Half Kneeling Chop (*each side*)

DUMBBELLS

WORKOUT #3

3 SETS — 10 REPS *each exercise*

- Dumbbell Split Squats (*each side*)
- Weighted Bridge
- Reverse Fly
- Side Plank (*20 seconds each side*)