LEVEL 1: 9-WORKOUT TRAINING PLAN

BANDS & BODYWEIGHT

Episode Level 1, Day 1
3 SETS — 10 REPS each exercise
- Banded Rack Squat
- Half Kneeling Banded Incline (each side)
- Half Kneeling Banded Split (each side)
- Punch Out (each side)

Episode Level 1, Day 2
3 SETS — 10 REPS each exercise
- Banded RDL To Row
- Banded Push-Up To Row
- Banded Curls
- Banded Tricep Kickbacks (each side)

Episode Level 1, Day 3
3 SETS — 10 REPS each exercise
- Banded Rack Reserve Lunge (each side)
- Split Stance Bent Over Row
- Banded Single Arm Chest Press (each side)
- Side Plank Row (each side)

EQUIPMENT NEEDED:
- Set of exercise bands
- Exercise mat (recommended)

EQUIPMEN T NEEDED:
- Pair of dumbbells (between 5-20 pounds)
- Exercise mat (recommended)

Episode Level 1, Day 1
3 SETS — 10 REPS each exercise
- Elevated Single Leg Bridge (each side)
- Half Kneeling Reach (each side)
- Child’s Pose (3 sets of 5 deep breaths)
- Bear Crawl

Episode Level 1, Day 2
3 SETS — 10 REPS each exercise
- Inverted Hamstring Walk
- Reverse Lunge (each side)
- Side Bear Crawls (each direction)
- Single Leg Shoulder Turns (each side)

Episode Level 1, Day 3
3 SETS — 10 REPS each exercise
- High Knees
- Skips
- Couch Stretch and Reach (5 breaths on each side)
- Lateral Lunge to Sprinter (each side)

EQUIPMENT NEEDED:
- Exercise mat (recommended)

Episode Level 1, Day 1
3 SETS — 10 REPS each exercise
- Single Arm Rack Squat
- Single Leg Single Dumbbell RDL (each side)
- Single Arm Glute Bridge Press (each side)
- Pronated Alternating Row (each side)

Episode Level 1, Day 2
3 SETS — 10 REPS each exercise
- Lunge to Rotation (each side)
- Glute Bridge March to Pullover
- Half Kneeling Press (each side)
- Plank to Single Arm Row (each side)

Episode Level 1, Day 3
3 SETS — 10 REPS each exercise
- Stance Leg Split Squat (each side)
- Single Leg Weighted Glute Bridge (each side)
- Standing T into Y (3 sets of 5 for each letter)
- Goblet Carries (3 sets of 25 yards)