

# **PERFORMANCE PROGRAM SUMMER 2025**



**CHAMPIONS  
ARE MADE IN THE  
OFF-SEASON**

Dear Future Champion,

My name is Doug Shank and I am the Director of Performance for RSL AZ. My primary role is to create and implement a year-round program that will give you every resource to be successful on the field, if you are willing to do the work off the field. I am happy to say we also have a tremendous staff of performance coaches that are committed to see you grow and am honored to work with such a dedicated staff.

Since taking over the program last year we had had some tremendous changes with on-field training and added testing for all age groups. This coming year (2025-26) we have more exciting things planned which will be unveiled as you return in August but it begins with the Summer Workouts for June and July.

The objective of the Summer Performance Program is to give you the resources needed to complete that preparation to the best of your ability. The rest is simply up to you. Phase II begins August 4th when everyone is fully returned to Team Training.

The question now becomes:

- how hard you are willing to work (100% effort everyday),
- how committed will you be to execute the program (not skip workouts),
- how much do you want success (what is your why).

This Self-Guided Program is a 6-week program, scheduled to begin Monday, June 9th and conclude Sunday, July 20th. Each week will consist of 5 days of training programs (Monday through Friday), an optional day (Saturday) and an off day (Sunday). This program can be executed on your own anywhere and anytime. This program is outlined in this resource for you and provides everything you need to be successful except You and Your Commitment.

It is understood that each of you may be at different points in your season.

- some of you are still competing and will end in late June which will push back your start date in July,
- some of you are on a modified training schedule for upcoming July events and start / stop dates will fluctuate,
- some of you are done completely and will not begin until July 21 or 28.

Regardless of what applies to you the program is built so you can modify it based on those factors and your team schedules. The key is to “prepare” and that can happen in multiple ways but if you “under-prepare” success is hard to achieve. If you are not sure how to make those adjustments, please contact me and I am happy to help you understand how to do that.

The program is simple and realistic. It is designed specifically for the soccer player and will center around activities that will develop your overall athleticism as it relates to the game of soccer. You will be able to execute the program anywhere and with minimal materials necessary.

- The cardio section of the program requires a soccer ball, 12 cones and some open field space.
- The strength section of the program is sectioned by age.
  - U13 and U14 Players - no weights; bodyweight only
  - U15 through U19 Players - weights or bodyweight options; weights are preferred but if not accessible perform bodyweight activities.
- For those of you who have personal trainers you trust their ability to prepare you but I encourage you to show this to them so they are aware of what the club is asking so the work you are doing is not counterproductive and causes you to over-train in any one area.

	Cardio (ALL)	Strength (U15-U19)	Strength (U13 & U14)
Monday	Endurance	Upper Body	Whole Body
Tuesday	Agility / Movement	Lower Body	OFF
Wednesday	Ball Work	Core	Core
Thursday	Endurance	Upper Body	OFF
Friday	Agility / Movement	Lower Body	Whole Body
Saturday (optional)	Ball Work	Core	OFF
Sunday	OFF	OFF	OFF

So now that you have the background of the program you are ready to begin. I wish you the best of luck this summer and encourage you to reach out to me directly if you have any questions or concerns.

Doug Shank  
 RSL Director of Performance  
[dshank@rslaz.org](mailto:dshank@rslaz.org)  
 (919) 475-2487

## CARDIO

- The cardio component of the program is focused on increasing the base level of fitness within each player. The emphasis is not to have you match fit but rather to achieve a standard that will allow you to compete within sessions, with a high level of intensity at the start of the season. The rise to becoming match fit will be achieved in the first month of training but without this base that objective will not be achievable as early as needed and your impact on the field will be reduced. This area of the program will focus on building endurance, agility, balance, coordination, with and without the soccer ball.
- Each workout will consist of various exercises built upon the specific topic for that day. It is critical that the activities be followed and 100% effort is given at each and every repetition of each activity.
- Each cardio workout should take approximately 45 - 60 minutes with warm-up.

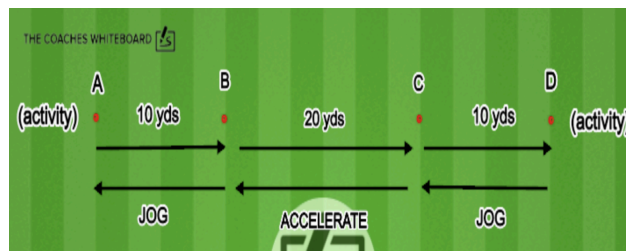
## CARDIO SCHEDULE

June 9.	June 10.	June 11.	June 12.	June 13.	June 14.	June 15.
Endurance A	Agility A	Ball Work A	Endurance B	Agility B	Ball Work A	OFF
June 16.	June 17.	June 18.	June 19.	June 20.	June 21.	June 22.
Endurance C	Agility C	Ball Work B	Endurance D	Agility D	Ball Work B	OFF
June 23.	June 24.	June 25.	June 26.	June 27.	June 28.	June 29.
Endurance A	Agility A	Ball Work A	Endurance B	Agility B	Ball Work A	OFF
June 30.	July 1.	July 2.	July 3.	July 4.	July 5.	July 6.
Endurance C	Agility C	Ball Work B	Endurance D	Agility D	Ball Work B	OFF
July 7.	July 8.	July 9.	July 10.	July 11.	July 12.	July 13.
Endurance A	Agility A	Ball Work A	Endurance B	Agility B	Ball Work A	OFF
July 14.	July 15.	July 16.	July 17.	July 18.	July 19.	July 20.
Endurance C	Agility C	Ball Work B	Endurance D	Agility D	Ball Work B	OFF

## ENDURANCE - WORKOUT A

### Block 1 (10 minutes)

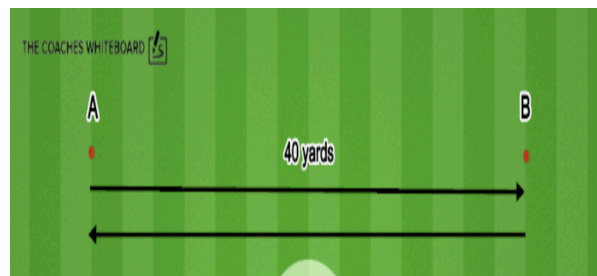
- Players perform activity 1 at Cone A.
- Players jog from Cone A to Cone B.
- Players accelerate from Cone B to Cone C.
- Players jog from Cone C to Cone D.
- Players perform activity 1 at Cone D.
- Players turn and repeat the other way.
- This continues for 60 seconds then players get 30 second rest.
- Players move onto activity 2 and repeat this process until all activities 1-6 have been completed.
  - Activity 1 - 4 jumping jacks
  - Activity 2 - 4 lateral ski hops
  - Activity 3 - 4 squats
  - Activity 4 - 2 burpees
  - Activity 5 - 4 squat hops
  - Activity 6 - 2 push-ups



### Block 2 (20 minutes)

Work / Rest Ratio (shown below)

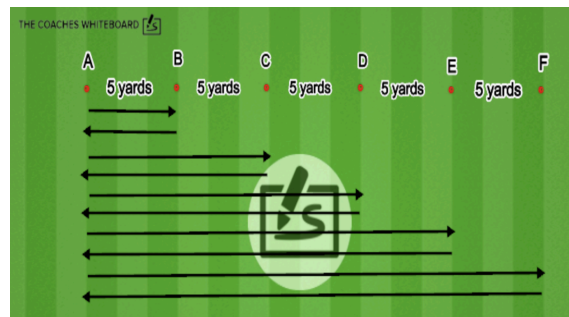
- Players start at Cone A and sprint as many times as possible between Cone A and Cone B, in designated time. Once time expires players walk to recover for designated time. Players complete all repetitions and then move onto the next interval. Players get an extra 60 second rest between each interval.
  - 30 second sprint / 30 second recovery x 10
  - 45 second sprint / 15 second recovery x 5
  - 60 second sprint / 60 second recovery x 2



### Block 3 (10 minutes)

Work / Rest Ratio (shown below)

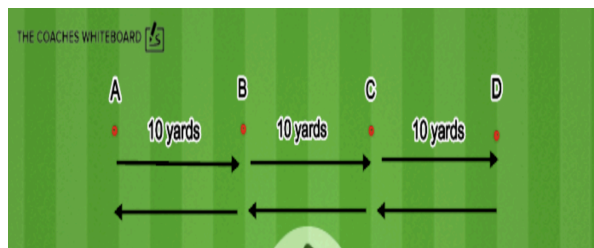
- Players start at Cone A, sprint to Cone B, turn and sprint back to Cone A.
- Turn and sprint from Cone A to Cone C and back.
- Turn and sprint from Cone A to Cone D and back.
- Turn and sprint from Cone A to Cone E and back.
- Turn and sprint from Cone A to Cone F and back.
- Rest 30 seconds; repeat 7 times for a total of 8 sets.



## ENDURANCE - WORKOUT B

### Block 1 (8 minutes)

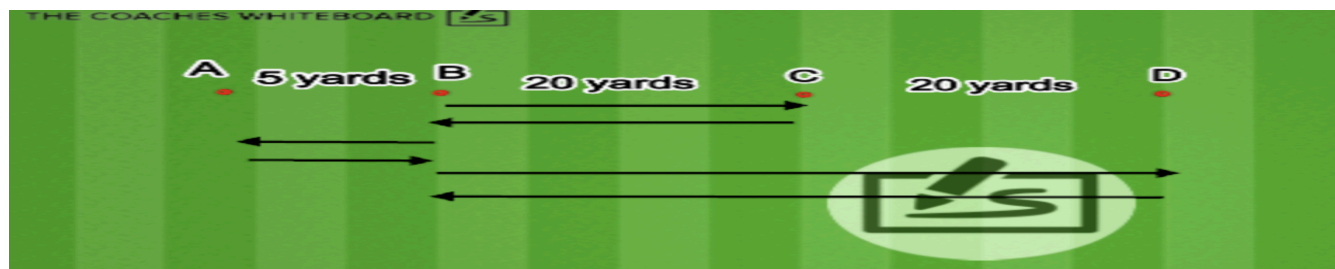
- Players start at Cone A.
- Jog from Cone A to Cone B, sprint from Cone B to Cone C, jog from Cone C to Cone D.
- Turn and repeat other way - jog / sprint / jog.
- This continues for 45 seconds then players rest for 15 seconds.
- Perform sequence 2 - sprint / jog / sprint - 45 work / 15 rest.
- Perform sequence 3 - jog / sprint / sprint - 45 work / 15 rest.
- Perform sequence 4 - sprint / sprint / jog - 45 work / 15 rest.
- Starting with sequence 1 repeat sequence 1, 2, 3, 4 - 45 work / 15 rest.



### Block 2 (20 minutes)

Work / Rest Ratio (shown below)

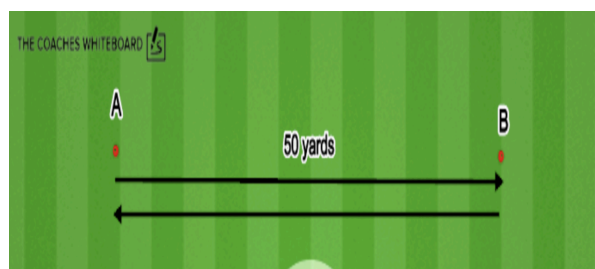
- Players start at Cone B. Sprint to Cone C, turn back to Cone B. Walk to Cone A, turn and back to Cone B. Repeat 4 more times.
- Players start at Cone B. Sprint to Cone D, turn back to Cone B. Walk to Cone A, turn and back to Cone B. Repeat 4 more times.
- That is 1 set and players get 60 seconds to recover. Repeat 3 more times giving players 60 seconds rest between each set.



### Block 3 (15 minutes)

Work / Rest Ratio (as shown below)

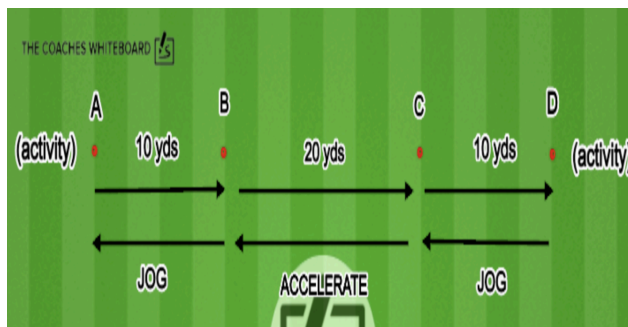
- Players start at Cone A and sprint as many times as possible between Cone A and Cone B, in designated time. Once time expires players walk to recover for designated time. Players complete all repetitions as below.
  - 60 second sprint / 30 second recovery x 5
  - 40 second sprint / 20 second recovery x 5
  - 20 second sprint / 10 second recovery x 5



## ENDURANCE - WORKOUT C

### Block 1 (10 minutes)

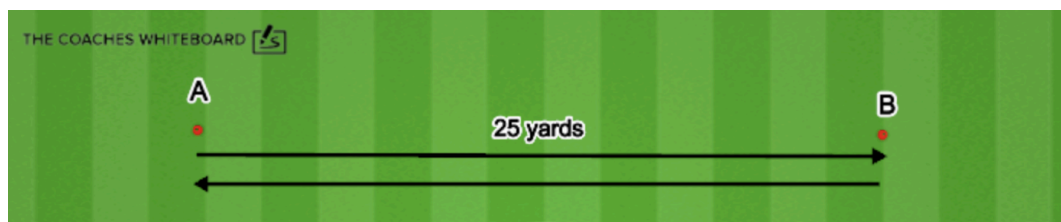
- Players perform activity 1 at Cone A.
- Players jog from Cone A to Cone B.
- Players accelerate from Cone B to Cone C.
- Players jog from Cone C to Cone D.
- Players perform activity 1 at Cone D.
- Players turn and repeat the other way.
- This continues for 60 seconds then players get 30 second rest.
- Players move onto activity 2 and repeat this process until all activities 1-6 have been completed.
  - Activity 1 - 4 jumping jacks
  - Activity 2 - 4 lateral ski hops
  - Activity 3 - 4 squats
  - Activity 4 - 2 burpees
  - Activity 5 - 4 squat hops
  - Activity 6 - 2 push-ups



### Block 2 (21 minutes)

Work / Rest Ratio (shown below)

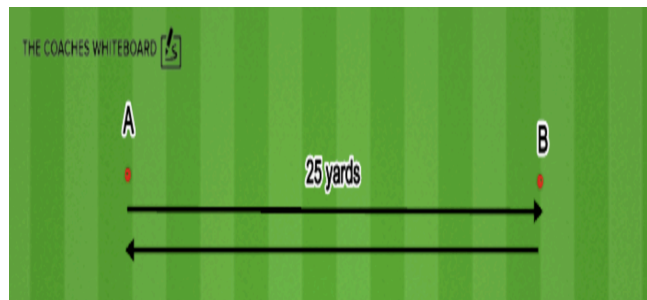
- Players start at Cone A and sprint as many times as possible between Cone A and Cone B, in designated time. Once time expires players walk to recover for designated time. Players complete all repetitions as below.
  - 20 second sprint / 10 second recovery x 10; 60 second rest
  - 30 second sprint / 15 second recovery x 10; 60 second rest
  - 20 second sprint / 10 second recovery x 5; 60 second rest
  - 30 second sprint / 15 second recovery x 5; 60 second rest



### Block 3 (9 minutes)

Work / Rest Ratio (shown below)

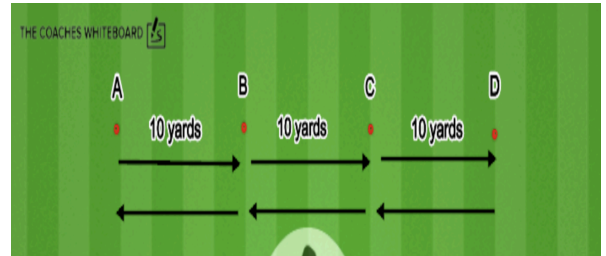
- Players start at Cone A and sprint as many times as possible between Cone A and Cone B, in designated time. Once time expires players walk to recover for designated time. Players complete all repetitions as below.
  - 15 second sprint / 15 second recovery
  - 30 second sprint / 30 second recovery
  - 45 second sprint / 15 second recovery
  - 60 second sprint / 60 second recovery
  - 60 second sprint / 60 second recovery
  - 45 second sprint / 15 second recovery
  - 30 second sprint / 30 second recovery
  - 15 second sprint / 15 second recovery



## ENDURANCE - WORKOUT D

### Block 1 (8 minutes)

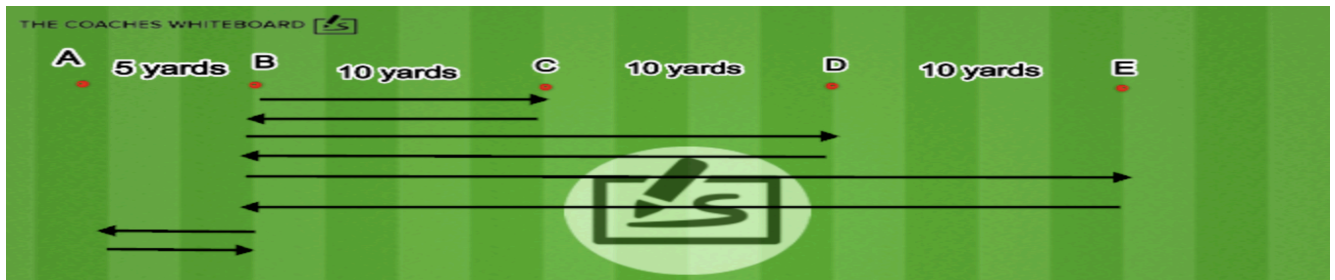
- Players start at Cone A.
- Jog from Cone A to Cone B, sprint from Cone B to Cone C, jog from Cone C to Cone D.
- Turn and repeat other way - jog / sprint / jog.
- This continues for 45 seconds then players rest for 15 seconds.
- Perform sequence 2 - sprint / jog / sprint - 45 work / 15 rest.
- Perform sequence 3 - jog / sprint / sprint - 45 work / 15 rest.
- Perform sequence 4 - sprint / sprint / jog - 45 work / 15 rest.
- Starting with sequence 1 repeat sequence 1, 2, 3, 4 - 45 work / 15 rest.



### Block 2 (14 minutes)

Work / Rest Ratio (shown below)

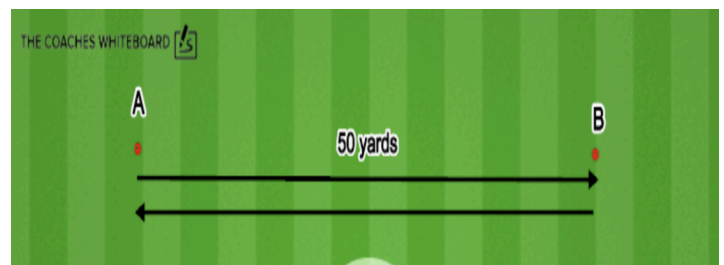
- Players start at Cone B, sprint to Cone C, turn and sprint back to Cone B.
- Turn and sprint from Cone B to Cone D and back.
- Turn and sprint from Cone B to Cone E and back.
- On final sprint back when the players reach Cone B walk to Cone A and then back to Cone B. Players must make this entire sprint at designated time. Repeat 2 more times and then rest as designated before moving to next time level.
  - #1, 2, 3 - 32 seconds to complete; rest 30 seconds after #3
  - #4, 5, 6 - 31 seconds to complete; rest 30 seconds after #6
  - #7, 8, 9 - 30 seconds to complete; rest 60 seconds after #9
  - #10, 11, 12 - 29 seconds to complete; rest 30 seconds after #12
  - #13, 14, 15 - 28 seconds to complete; rest 30 seconds after #15
  - #16, 17, 18 - 27 seconds to complete; done.



### Block 3 (10 minutes)

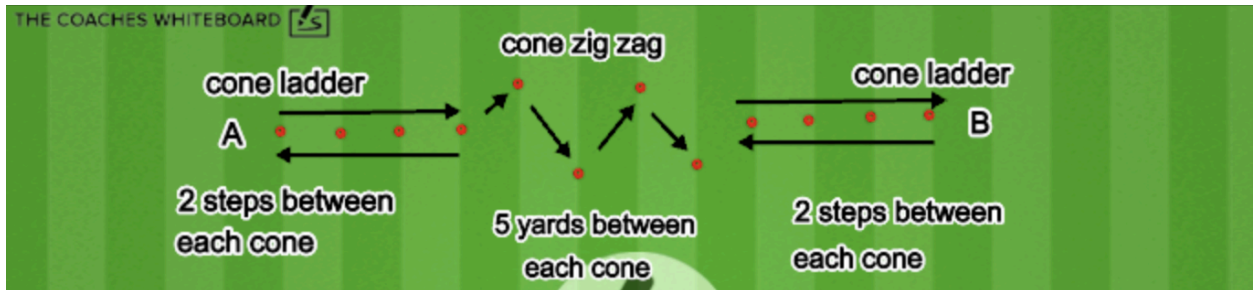
Work / Rest Ratio (as shown below)

- Players start at Cone A and sprint to Cone B. Turn at Cone B and jog back to Cone A. Players must make this entire sprint at designated time. Repeat 4 more times and then rest as designated before moving to next time level.
  - 12 second sprint / 18 second recovery x 5; rest 60 seconds
  - 11 second sprint / 19 second recovery x 5; rest 60 seconds
  - 10 second sprint / 20 second recovery x 5; rest 60 seconds.
  - Repeat entire sequence 1 time.



## AGILITY & MOVEMENT - WORKOUT A

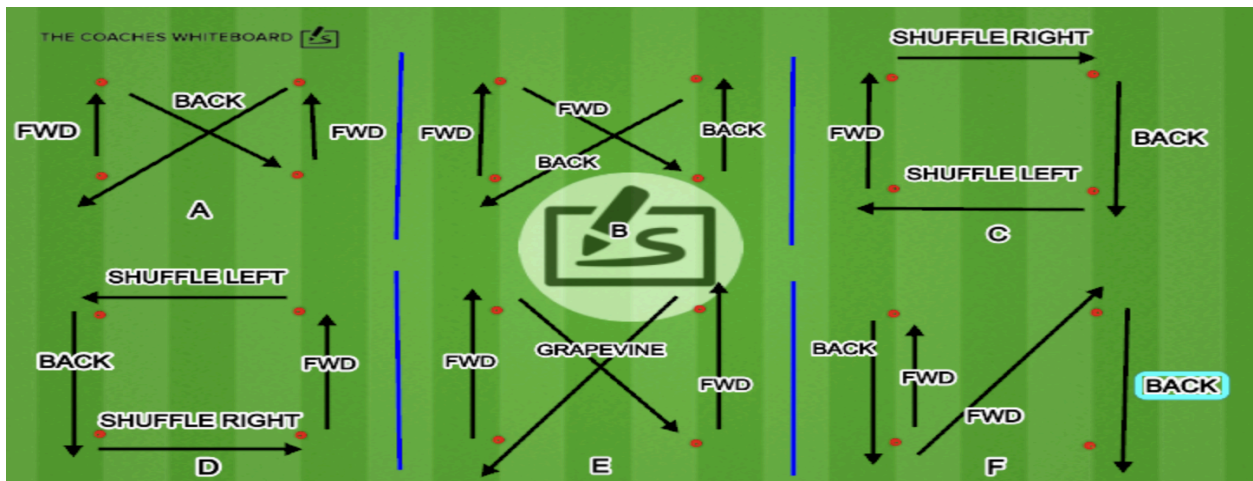
### Block 1 (6 minutes)



Players line up at Cone A. They perform the footwork pattern as listed below then move into the cone pattern and then back to the footwork pattern to Cone B. They immediately turn around and repeat. Work for 45 Seconds / Rest for 15 Seconds.

- Single Step Cone / Shuffle / Single Step Cone
- Lateral Step Cone / Forward - Backward / Lateral Step Cone
- Single Step Cone / Turn and Run / Single Step Cone
- Lateral Step Cone / Shuffle / Lateral Step Cone
- Single Step Cone / Squat and Touch / Single Step Cone
- Lateral Step Cone / Grapevine / Lateral Step Cone

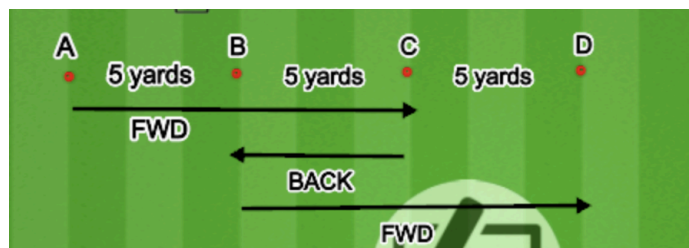
### Block 2 (21 minutes)



Players follow the patterns above and must sprint to complete the pattern. When you complete the pattern, wait 1 second, get your feet set and repeat. Continue this for the entire 60 seconds then move to the next pattern after a 15 second rest. Once each pattern is completed (A - F); start again with pattern A and repeat the sequence (patterns A - F) 2 more times.

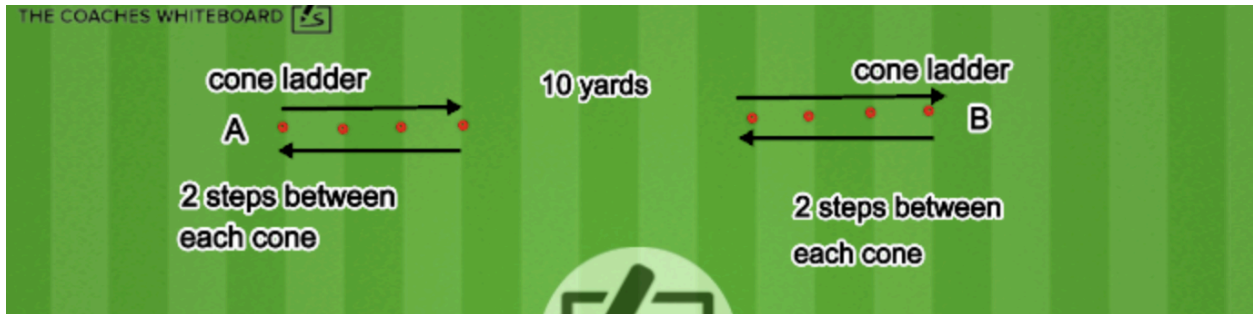
### Block 3 (15 minutes)

- Players start at Cone A
- Sprint to Cone C,
- Backpedal to Cone B,
- Sprint to Cone D.
- Jog back to Cone A.
- Repeat 14 more times.



## AGILITY & MOVEMENT - WORKOUT B

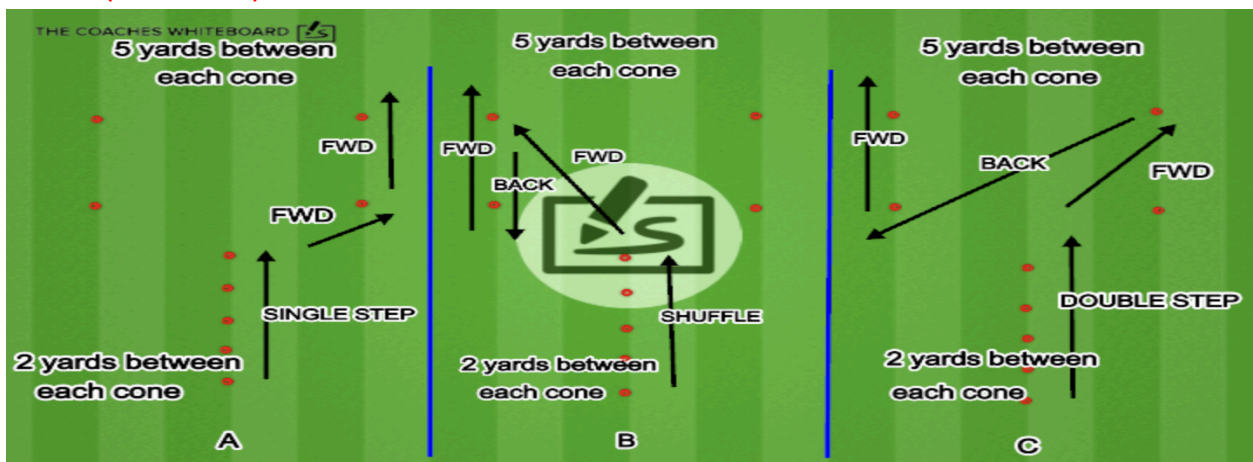
### Block 1 (6 minutes)



Players line up at Cone A. They perform the footwork pattern as listed below then move into the power movement and then back to the footwork pattern to Cone B. They immediately turn around and repeat. Work for 45 seconds / Rest for 15 seconds.

- Single Step Cone / Skips / Single Step Cone
- Lateral Step Cone / Forward Lunge / Lateral Step Cone
- Double Step Cone / Backward Lunge / Double Step Cone
- Single Step Cone / High Power Skips / Single Step Cone
- Lateral Step Cone / Frog Hops / Lateral Step Cone
- Double Step Cone / Diagonal Ski Hops / Double Step Cone

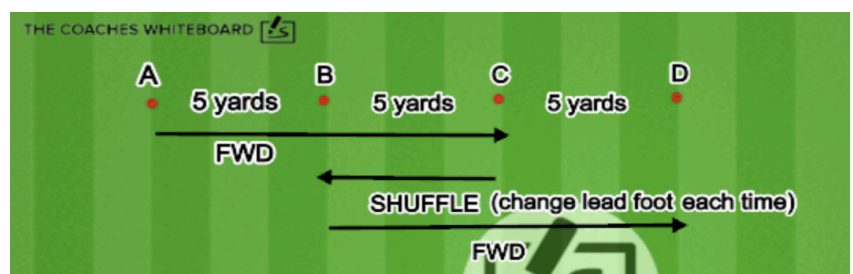
### Block 2 (18 minutes)



Players follow the patterns above and must sprint (as shown) to complete the pattern. When you complete the pattern, jog back to the start, wait 1 second, get your feet set and repeat. Remember to change initial direction (right and left) each time you come out of the footwork cones. Continue this for the entire 90 seconds then move to the next pattern after a 30 second rest. Once each pattern is completed (A, B, C); start again on pattern A and repeat the sequence (A, B, C) 3 times.

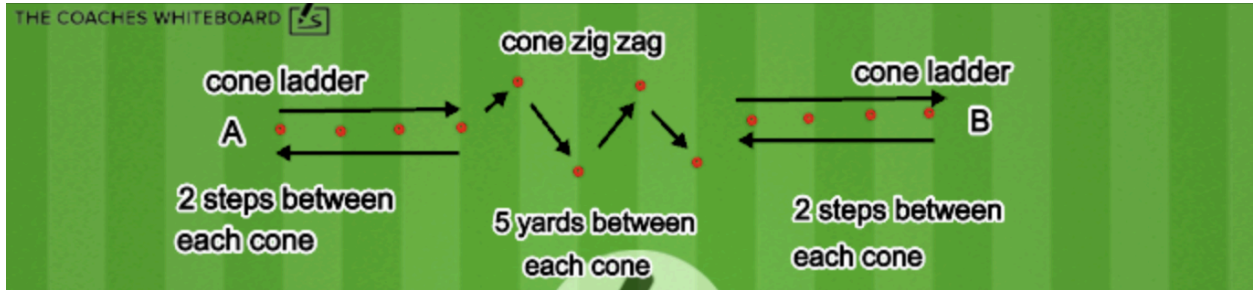
### Block 3 (15 minutes)

- Players start at Cone A
- Sprint to Cone C,
- Shuffle Back to Cone B
- Turn and Sprint to Cone D.
- Jog back to Cone A.
- Repeat 14 more times.



## AGILITY & MOVEMENT - WORKOUT C

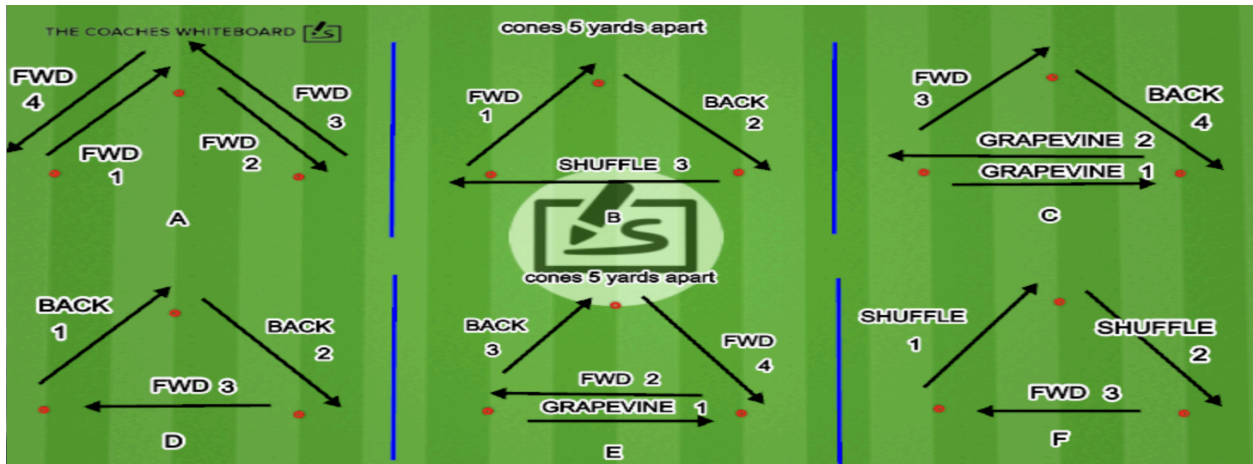
### Block 1 (6 minutes)



Players line up at Cone A. They perform the footwork pattern as listed below then move into the cone pattern and then back to the footwork pattern to Cone B. They immediately turn around and repeat. Work for 45 Seconds / Rest for 15 Seconds.

- Single Step Cone / Shuffle / Single Step Cone
- Lateral Step Cone / Forward - Backward / Lateral Step Cone
- Single Step Cone / Turn and Run / Single Step Cone
- Lateral Step Cone / Shuffle / Lateral Step Cone
- Single Step Cone / Squat and Touch / Single Step Cone
- Lateral Step Cone / Grapevine / Lateral Step Cone

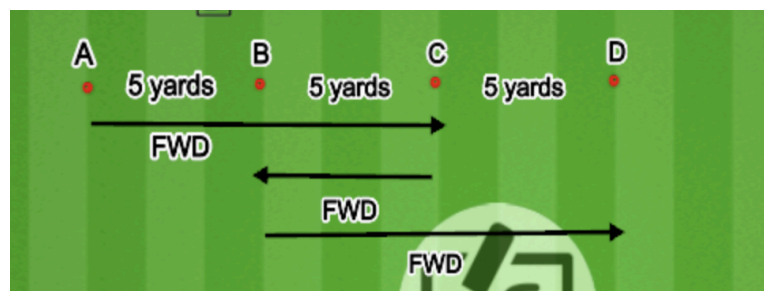
### Block 2 (21 minutes)



Players follow the patterns above and must sprint to complete the pattern. When you complete the pattern, wait 1 second, get your feet set and repeat. Continue this for the entire 60 seconds then move to the next pattern after a 15 second rest. Once each pattern is completed (A - F); start again with pattern A and repeat the sequence (patterns A - F) 2 more times.

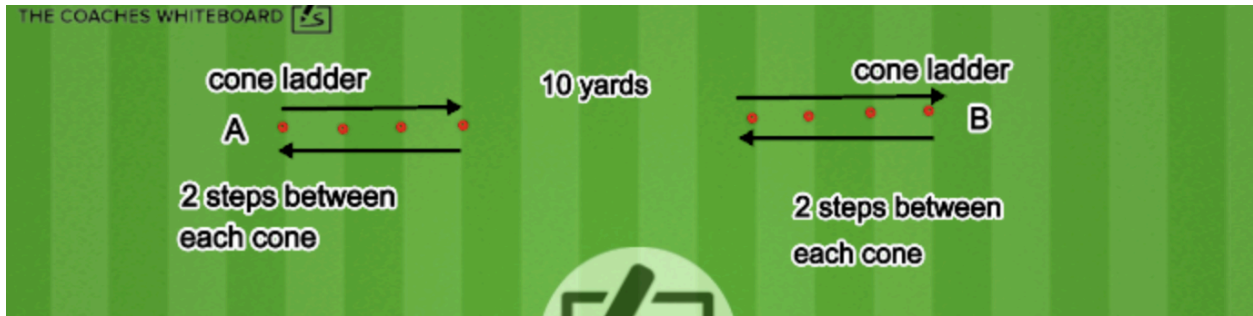
### Block 3 (15 minutes)

- Players start at Cone A
- Sprint to Cone C,
- Turn and Sprint to Cone B,
- Turn and Sprint to Cone D.
- Jog back to Cone A.
- Repeat 14 more times.



## AGILITY & MOVEMENT - WORKOUT D

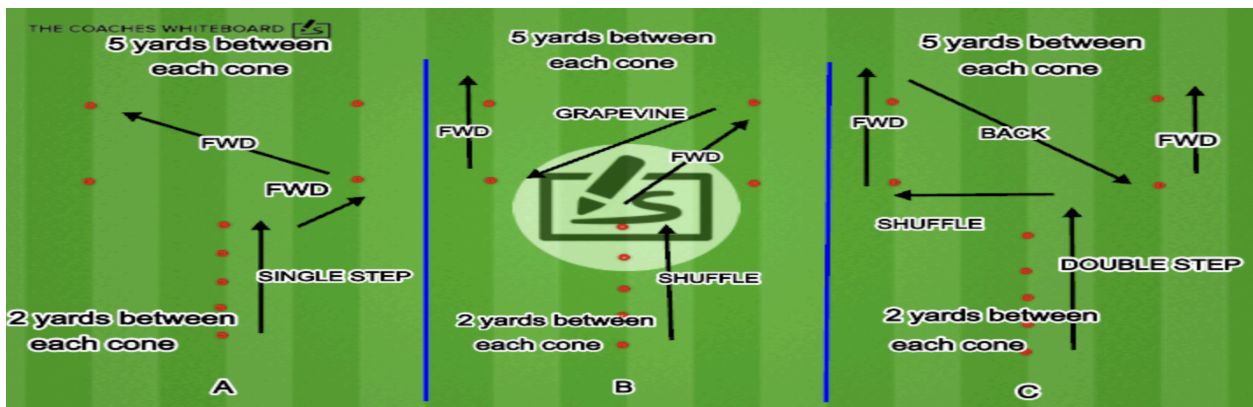
### Block 1 (6 minutes)



Players line up at Cone A. They perform the footwork pattern as listed below then move into the power movement and then back to the footwork pattern to Cone B. They immediately turn around and repeat. Work for 45 Seconds / Rest for 15 Seconds.

- Single Step Cone / Skips / Single Step Cone
- Lateral Step Cone / Forward Lunge / Lateral Step Cone
- Double Step Cone / Backward Lunge / Double Step Cone
- Single Step Cone / High Power Skips / Single Step Cone
- Lateral Step Cone / Frog Hops / Lateral Step Cone
- Double Step Cone / Diagonal Ski Hops / Double Step Cone

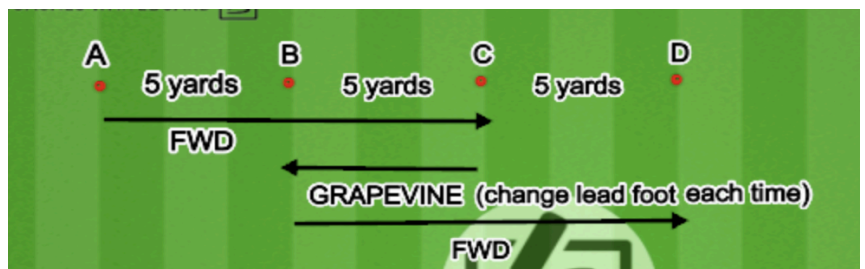
### Block 2 (18 minutes)



Players follow the patterns above and must sprint (as shown) to complete the pattern. When you complete the pattern, jog back to the start, wait 1 second, get your feet set and repeat. Remember to change initial direction (right and left) each time you come out of the footwork cones. Continue this for the entire 90 seconds then move to the next pattern after a 30 second rest. Once each pattern is completed (A, B, C); start again on pattern A and repeat the sequence (A, B, C) 3 times.

### Block 3 (15 minutes)

- Players start at Cone A
- Sprint to Cone C,
- Shuffle Back to Cone B
- Turn and Sprint to Cone D.
- Jog back to Cone A.
- Repeat 14 more times

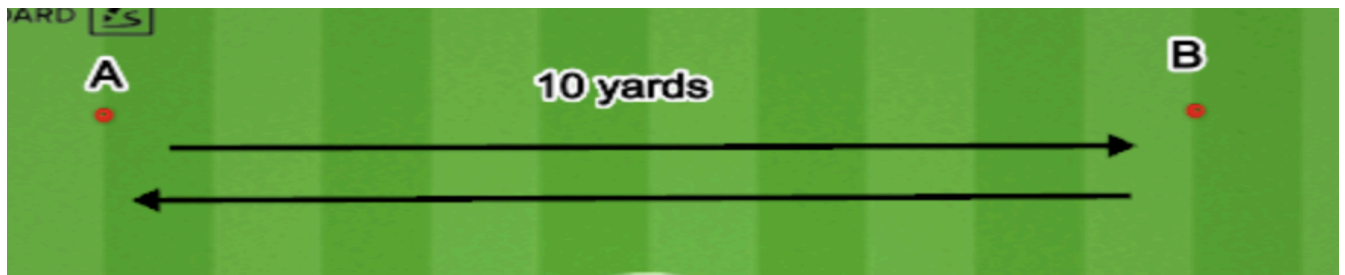


## **BALL WORK A**

**(40 minutes)**

Players perform the following sequence of activities, in order. Players should work for 45 seconds / rest for 15 seconds, prior to moving to the next activity. Perform each activity 1 time then move to the next activity. Once all activities are completed then repeat the entire sequence.

- Juggle (any body part - ball must start from ground)
- Juggle (feet only - ball must start from ground)
- Juggle (feet and thigh only - ball must start from ground)
- Juggle (2 feet, 1 thigh pattern - ball must start from ground)
- Juggle (1 foot, 2 thigh pattern - ball must start from ground)
- Juggle (2 feet, 1 thigh, 2 feet, 1 head pattern - ball must start from ground)
- 5 Ball Taps (at each cone) / Forward Foundation Walks (inside of feet - to other cone)
- 5 Stationary Foundations (at each cone) / Forward Rolls (bottom of feet - to other cone)
- 5 Ball Taps (at each cone) / Backward Rolls (bottom of feet - to other cone)
- Speed Dribble (cone to cone) - any foot; any surface; turn with any surface
- Speed Dribble (cone to cone) - right foot only; turn with outside of foot only
- Speed Dribble (cone to cone) - left foot only; turn with outside of foot only
- Speed Dribble (cone to cone) - right foot only; turn with inside of foot only
- Speed Dribble (cone to cone) - left foot only; turn with inside of foot only
- Speed Dribble (cone to cone) - right foot only; stepover turn right foot only
- Speed Dribble (cone to cone) - left foot only; stepover turn left foot only
- Speed Dribble (cone to cone) - right foot only; cruyff turn right foot only
- Speed Dribble (cone to cone) - left foot only; cruyff turn left foot only





### **STRENGTH (GYM WORKOUTS)**

- The strength component of the program is centered around building muscular endurance. The repetitions are generally higher and the weight will be lower.
- The goal is to complete all repetitions each set. The last 2 - 3 repetitions of any set should be difficult. If not then you need to increase the weight so that fatigue occurs on each set.
- Between each set you should take no more than 60 seconds rest or if you are working out with a partner simply rest while your partner works.
- Each strength workout should take approximately 45 - 60 minutes with warm-up.

### **STRENGTH (NON GYM WORKOUTS)**

- The strength component of the program is centered around building muscular endurance.
- Since you are not training with weights and have no external resistance, you should perform each activity listed to maximum repetitions and if failure occurs within a set, simply stop and allow yourself to quickly regenerate for 5 seconds and then finish the set.
- You must create fatigue within each set.
- If the activities become too easy feel free to grab some natural resistance objects that you can find around the house or yard such as paint cans, bricks or other objects that can create some resistance for you. Be creative!!
- Each strength workout should take approximately 45 - 60 minutes.

### **CORE**

- Throughout the program core development is present in most if not all exercises; however these particular exercises specifically target the core and isolate those muscle groups surrounding the central region of the body.

**MONDAY UPPER BODY - GYM**

**Warm-Up (2 sets)**

- 10 Standard Push-Ups
- 20 Forward Straight Arm Shoulder Circles
- 20 Backward Straight Arm Shoulder Circles
- 15 Burpees

**Flat Bench Barbell Press - [VIDEO LINK](#)**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x12						
x12						
x12						
x8						
x8						

**Incline Bench Dumbbell Fly - [VIDEO LINK](#)**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x12						
x12						
x12						

**Seated Wide Grip Lat Pulldown - [VIDEO LINK](#)**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x12						
x12						
x8						
x8						

**Standing Dumbbell Shoulder Press** - [VIDEO LINK](#)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x12						
x12						
x12						

**Standing Dumbbell Lateral Raises** - [VIDEO LINK](#)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x12						
x12						
x12						

**Standing Alternate Dumbbell Curls** - [VIDEO LINK](#)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x8						
x8						
x8						

**Tricep Bench Dips** - [VIDEO LINK](#)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x20						
x20						
x20						

**TUESDAY LOWER BODY - GYM**

**Warm-Up (2 sets)**

- 10 Jumping Jacks
- 10 Body Squats with 2 Jump Squats
- 5 Right Leg Forward Lunges - 5 Left Leg Forward Lunges
- 5 Right Leg Reverse Lunges - 5 Left Leg Reverse Lunges

**Standard Barbell Squats - [VIDEO LINK](#)**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x12						
x12						
x8						
x8						
x8						

**Forward Pulse Dumbbell Lunge - [VIDEO LINK](#)**

8 Right Leg then 8 Left Leg = 1 set of 16

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x16						
x16						
x16						
x16						

**Standard Barbell RDL - [VIDEO LINK](#)**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x12						
x12						
x12						

**Lateral Dumbbell Lunge - [VIDEO LINK](#)**

8 Right Leg then 8 Left Leg = 1 set of 16

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x16						
x16						
x16						
x16						

**Dumbbell Jump Squats - [VIDEO LINK](#)**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x20						
x20						
x20						
x20						

**WEDNESDAY CORE**

- 25 Crunches - [VIDEO LINK](#)
- 25 Right Oblique Crunches - [VIDEO LINK](#)
- 25 Left Oblique Crunches - [VIDEO LINK](#)
- 25 Scissor Kicks - [VIDEO LINK](#)
- 25 Bicycle Crunches - [VIDEO LINK](#)
- 25 Lying Leg Raise - [VIDEO LINK](#)
- 60 seconds straight arm plank hold - [VIDEO LINK](#)
- Go through the entire cycle and repeat 4 times.

**THURSDAY UPPER BODY - GYM**

**Warm-Up (2 sets)**

- 10 Narrow Push-Ups
- 5 Forward / 5 Reverse Straight Arm Shoulder Circles x 5
- 2 Push-Up with 1 Burpee x 10

**Incline Bench Dumbbell Press - [VIDEO LINK](#)**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x12						
x12						
x10						
x10						
x8						
x8						

**Seated Lat Cable Row - [VIDEO LINK](#)**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x12						
x12						
x12						

**Standing Alternate Dumbbell Front Raises - [VIDEO LINK](#)**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x8						
x8						
x8						
x8						

**Standing Barbell Curl - [VIDEO LINK](#)**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x12						
x12						
x12						

**Single Arm Dumbbell Tricep Kickback - [VIDEO LINK](#)**

12 Right Arm then 12 Left Arm = 1 set of 24

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x24						
x24						
x24						

**FRIDAY LOWER BODY - GYM**

**Warm-Up (2 sets)**

- 10 Jumping Jacks
- 20 Body Pulse Squats
- 5 Right Leg Lateral Lunges - 5 Left Leg Lateral Lunges
- 25 Mountain Climbers

**Dumbbell Goblet Squats - [VIDEO LINK](#)**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x12						
x12						
x12						
x8						
x8						

**Seated Leg Extensions - [VIDEO LINK](#)**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x12						
x12						
x8						
x8						

**Seated Single Leg Curls - [VIDEO LINK](#)**

8-12 Right Leg then 8-12 Left Leg

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x12						
x12						
x8						

**Single Leg Dumbbell RDL - [VIDEO LINK](#)**

10 Right Leg then 10 Left Leg = 1 set of 20

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x20						
x20						
x20						
x20						

**Single Leg Bulgarian Dumbbell Split Squat - [VIDEO LINK](#)**

8 Right Leg then 8 Left Leg = 1 set of 16

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
x16						
x16						
x16						

**SATURDAY CORE**

- 25 Crunches - [VIDEO LINK](#)
- 25 Right Oblique Crunches - [VIDEO LINK](#)
- 25 Left Oblique Crunches - [VIDEO LINK](#)
- 25 Scissor Kicks - [VIDEO LINK](#)
- 25 Bicycle Crunches - [VIDEO LINK](#)
- 25 Lying Leg Raise - [VIDEO LINK](#)
- 60 seconds straight arm plank hold - [VIDEO LINK](#)
- Go through the entire cycle and repeat 4 times.

## **MONDAY WHOLE BODY (NON-GYM)**

Each of the following activities should be performed and between each activity there should be no more than 20 seconds of rest. The objective is to fatigue the muscle and create failure. If for some reason you cannot complete the required number of repetitions in a given set, stop, pause 5 seconds and then finish out the set.

- If the activities become too easy feel free to grab some natural resistance objects that you can find around the house or yard such as paint cans, bricks or other objects that can create some resistance for you. Be creative!!
  
- **LEGS**
  - 25 Squats
  - 10 Squat Jumps
  - 20 Right Leg Forward Lunges
  - 20 Left Leg Forward Lunges
  - 20 Right Leg Lateral Lunges
  - 20 Left Leg Lateral Lunges
  - 12 Right Leg RDL (balance on left leg)
  - 12 Left Leg RDL (balance of right leg)
  - Rest 60 seconds; repeat 4 times
  
- **UPPER BODY**
  - 15 Standard Push-Ups
  - 25 Forward Arm Circles
  - 25 Reverse Arm Circles
  - 20 Front Arm Raises
  - 20 Lateral Arm Raises
  - 20 Plank Shoulder Taps (alternate right arm / left arm; 10 each arm)
  - 15 Downward Dog Push-Ups
  - 25 Bicep Curls
  - 25 Tricep Dips (best to use a bench, bed or couch to get full extension)
  - Rest 60 seconds; repeat 4 times

## **WEDNESDAY CORE**

- 25 Crunches - [VIDEO LINK](#)
- 25 Right Oblique Crunches - [VIDEO LINK](#)
- 25 Left Oblique Crunches - [VIDEO LINK](#)
- 25 Scissor Kicks - [VIDEO LINK](#)
- 25 Bicycle Crunches - [VIDEO LINK](#)
- 25 Lying Leg Raise - [VIDEO LINK](#)
- 60 seconds straight arm plank hold - [VIDEO LINK](#)
- Go through the entire cycle and repeat 4 times.

## FRIDAY WHOLE BODY (NON-GYM)

Each of the following activities should be performed and between each activity there should be no more than 20 seconds of rest. The objective is to fatigue the muscle and create failure. If for some reason you cannot complete the required number of repetitions in a given set, stop, pause 5 seconds and then finish out the set.

- If the activities become too easy feel free to grab some natural resistance objects that you can find around the house or yard such as paint cans, bricks or other objects that can create some resistance for you. Be creative!!
  
- **LEGS**
  - 15 Squats with 2 Squat Jumps
  - 8 Right Leg RDL (balance on left leg)
  - 8 Left Leg RDL (balance of right leg)
  - 25 Burpees
  - 20 Right Leg Reverse Lunges
  - 20 Left Leg Reverse Lunges
  - 20 Right Leg Lateral Lunges with Knee Raise
  - 20 Left Leg Lateral Lunges with Knee Raise
  - Rest 60 seconds; repeat 4 times
  
- **UPPER BODY**
  - 15 Narrow Push-Ups
  - 50 Forward Arm Circles with 25 Forward Arm Raises
  - 50 Reverse Arm Circles with 25 Lateral Arm Raises
  - Right Plank Shoulder Tap with 2 Pushups (10 repetitions)
  - Left Plank Shoulder Tap with 2 Pushups (10 repetitions)
  - 25 Tricep Dips (best to use a bench, bed or couch to get full extension)
  - 50 Bicep Curls
  - Rest 60 seconds; repeat 4 times

## SATURDAY CORE

- 25 Crunches - [VIDEO LINK](#)
- 25 Right Oblique Crunches - [VIDEO LINK](#)
- 25 Left Oblique Crunches - [VIDEO LINK](#)
- 25 Scissor Kicks - [VIDEO LINK](#)
- 25 Bicycle Crunches - [VIDEO LINK](#)
- 25 Lying Leg Raise - [VIDEO LINK](#)
- 60 seconds straight arm plank hold - [VIDEO LINK](#)
- Go through the entire cycle and repeat 4 times.