

PT Plan – Week 2 (Level II)

Day 1: Cardio

Exercise	Reps/Time	Sets
Dynamic warmup/stretch	3-5 min	1
4-Count dead bugs	8	3
Hanging knee raises -or- Lying leg levers	10	3
Rest/water	2 min	1
Run 1.5 miles at a moderate pace	~	1
Rest/water	3 min	1
Run 1.5 miles at a moderate but consistent pace	~	1

Day 2: Upper body

Exercise	Repetitions	Sets
Dynamic warmup/stretch	3-5 min	1
Lying 4-count windshield-wipers	12	3
Alternating plank extensions	10 each side	3
Narrow-grip pushups (Different than diamond pushups)	15	3
“Hollow body” pushups (keep your core tight)	20	3
Sphinx pushups	20	3
Crucifix pushups	10	3

Day 3: Lower body

Exercise	Repetitions	Sets
Dynamic warmup/stretch	3-5 min	1
Side plank	45 sec each	3
Jump squats	15	3
Walking lunges	20	3
Wall-sits	60 sec	3
Single leg calf raises	15 per leg	3
Air squats	30	3