

# RESISTANCE TRAINING PLAN

## WEEK 1 & 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 <b>SQUATS</b> 3 sets x 10 reps	 <b>LUNGES</b> 3 sets x 10 reps	 <b>SUMO SQUATS</b> 3 sets x 10 reps	 <b>WALL SQUAT</b> 15 sec holds x 10 reps	 <b>SQUATS</b> 3 sets x 10 reps	 <b>WALL PUSH UPS</b> 3 sets x 10 reps	 <b>SIT UPS</b> 3 sets x 10 reps
 <b>WALL PUSH UPS</b> 3 sets x 10 reps	 <b>BRIDGES</b> 3 sets x 10 reps	 <b>WALL PUSH UPS</b> 3 sets x 10 reps	 <b>LUNGES</b> 3 sets x 10 reps	 <b>CALF RAISES</b> 3 sets x 10 reps	 <b>BRIDGES</b> 3 sets x 10 reps	 <b>SUMO SQUATS</b> 3 sets x 10 reps
 <b>CALF RAISES</b> 3 sets x 10 reps	 <b>SIT UPS</b> 3 sets x 10 reps	 <b>CALF RAISES</b> 3 sets x 10 reps	 <b>BRIDGES</b> 3 sets x 10 reps	 <b>WALL SQUATS</b> 15 sec hold x 10 reps	 <b>LUNGES</b> 3 sets x 10 reps	 <b>WALL PUSH UPS</b> 3 sets x 10 reps

## WEEK 3 & 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 <b>SQUATS</b> 3 sets x 20 reps	 <b>BRIDGES</b> 3 sets x 20 reps	 <b>SUMO SQUATS</b> 3 sets x 20 reps	 <b>WALL SQUAT</b> 15 sec holds x 5 reps	 <b>BRIDGES</b> 3 sets x 20 reps	 <b>SQUATS</b> 3 sets x 20 reps	 <b>WALL PUSH UPS</b> 3 sets x 20 reps
 <b>WALL PUSH UPS</b> 3 sets x 20 reps	 <b>SIT UPS</b> 3 sets x 20 reps	 <b>WALL PUSH UPS</b> 3 sets x 20 reps	 <b>LUNGES</b> 3 sets x 20 reps	 <b>SQUATS</b> 3 sets x 20 reps	 <b>CALF RAISES</b> 3 sets x 20 reps	 <b>WALL SQUAT</b> 15 sec holds x 5 reps
 <b>CALF RAISES</b> 3 sets x 20 reps	 <b>LUNGES</b> 3 sets x 20 reps	 <b>CALF RAISES</b> 3 sets x 20 reps	 <b>SIT UPS</b> 3 sets x 20 reps	 <b>CALF RAISES</b> 3 sets x 20 reps	 <b>LUNGES</b> 3 sets x 20 reps	 <b>SUMO SQUATS</b> 3 sets x 20 reps

# B

BEGINNERS



THE DOCTOR'S 6 WEEK WEIGHT LOSS + BODY TRANSFORMATION

# RESISTANCE TRAINING PLAN

## WEEK 5 & 6

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 <p><b>SQUATS</b> 3 sets x 30 reps</p>	 <p><b>STEP UP ON TO STEP</b> 3 sets x 10 reps</p>	 <p><b>BRIDGES</b> 5 sec hold x 10 rep x 3 set</p>	 <p><b>LUNGES</b> 3 sets x 20 reps</p>	 <p><b>STEP UPS ON TO STEP</b> 3 sets x 10 reps</p>	 <p><b>KNEE PUSH UPS</b> 3 sets x 10 reps</p>	 <p><b>STEP UPS ON TO STEP</b> 3 sets x 10 reps</p>
 <p><b>LUNGES</b> 3 sets x 20 reps</p>	 <p><b>SUMO SQUATS</b> 3 sets x 20 reps</p>	 <p><b>SIT UPS</b> 3 sets x 30 reps</p>	 <p><b>SQUATS</b> 3 sets x 30 reps</p>	 <p><b>SUMO SQUATS</b> 3 sets x 20 reps</p>	 <p><b>SQUATS</b> 3 sets x 30 reps</p>	 <p><b>SUMO SQUATS</b> 3 sets x 20 reps</p>
 <p><b>KNEE PUSH UPS</b> 3 sets x 10 reps</p>	 <p><b>KNEE PUSH UPS</b> 3 sets x 10 reps</p>	 <p><b>CALF RAISES</b> 3 sets x 30 reps</p>	 <p><b>KNEE PUSH UPS</b> 3 sets x 10 reps</p>	 <p><b>CALF RAISES</b> 3 sets x 30 reps</p>	 <p><b>LUNGES</b> 3 sets x 20 reps</p>	 <p><b>CALF RAISES</b> 3 sets x 30 reps</p>