

RESISTANCE TRAINING PLAN

INTERMEDIATE

WEEK 1 & 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 SQUAT JUMPS 3 sets x 10 reps	 WALL SQUAT 30 sec holds x 3 reps	 DOUBLE TO SINGLE LEG BRIDGE 3 sets x 10 reps each leg	 WALL SQUATS 30 sec holds x 3 reps	 STEP UPS ON TO STEP 3 sets x 10 reps	 SQUAT JUMPS 3 set x 10 reps	 PLANKS ON KNEES 30 secs x 3 reps
 DOUBLE TO SINGLE LEG BRIDGE 3 sets x 10 reps each leg	 SIT UPS 3 sets x 20 reps	 STEP UPS ONTO STEP 3 sets x 10 reps	 PUSH UPS ON KNEES 3 sets x 10 reps	 SIT UPS 3 sets x 20 reps	 LUNGES 4 set x 12 reps	 WALL SQUAT 30 sec holds x 3 reps
 KNEE PUSH UPS 3 sets x 10 reps	 LUNGES 4 sets x 12 reps	 PLANKS ON KNEES 30 sec holds x 3 reps	 SQUAT JUMPS 3 sets x 10 reps	 DOUBLE TO SINGLE LEG BRIDGE 3 sets x 10 reps each leg	 KNEE PUSH UPS 3 sets x 10 reps	 STEP UPS ONTO STEP 3 sets x 10 reps

WEEK 3 & 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 DOUBLE TO SINGLE LEG BRIDGE 3 sets x 15 reps	 SQUAT JUMPS 3 sets x 20 reps	 PUSH UPS ON KNEES 3 sets x 15 reps	 PLANKS ON KNEES 30 secs x 4 sets	 SQUAT JUMPS 3 sets x 20 reps	 DOUBLE TO SINGLE LEG BRIDGE 3 sets x 15 reps	 WALL SQUATS 30 sec holds x 4 reps
 STEP UP ONTO STEP 3 sets x 20 reps	 LUNGES 4 sets x 15 reps	 WALL SQUATS 30 sec holds x 4 reps	 LUNGES 4 sets x 15 reps	 WALL SQUATS 30 sec holds x 4 reps	 STEP UPS ONTO STEP 3 sets x 20 reps	 PUSH UPS ON KNEES 3 sets x 15 reps
 PLANKS ON KNEES 30 secs x 4 sets	 SIT UPS 3 sets x 30 reps	 DOUBLE TO SINGLE LEG BRIDGE 3 sets x 15 reps	 SIT UPS 3 sets x 30 reps	 PUSH UPS ON KNEES 3 sets x 15 reps	 LUNGES 4 sets x 15 reps	 SIT UPS 3 sets x 30 reps

RESISTANCE TRAINING PLAN

WEEK 5 & 6						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 PLANKS ON KNEES 30 secs x 5 sets	 PUSH UPS ON KNEES 3 sets x 30 reps	 SQUAT JUMPS 3 sets x 25 reps	 WALL SQUATS 30 sec holds x 5 reps	 SQUAT JUMPS 3 sets x 25 reps	 WALL SQUATS 30 sec holds x 5 reps	 PLANKS ON KNEES 30 secs x 5 reps
 WALL SQUATS 30 sec holds x 4 reps	 LUNGES 4 sets x 20 reps	 LUNGES 4 sets x 20 reps	 PUSH UPS ON KNEES 3 sets x 15 reps	 SIT UPS 3 sets x 20 reps	 SIT UPS 3 sets x 40 reps	 WALL SQUAT 30 sec holds x 5 reps
 STEPS UP ONTO STEP 3 sets x 30 reps	 SIT UPS 3 sets x 40 reps	 PLANKS ON KNEES 30 secs x 5 reps	 LUNGES 4 sets x 20 reps	 DOUBLE TO SINGLE LEG BRIDGE 3 sets x 10 reps each leg	 PUSH UPS ON KNEES 3 sets x 30 reps	 SQUAT JUMPS 3 sets x 25 reps