

Weeks 1–2: Foundation

Date:

Strength (2 sets, 10–12 reps each)

Squats – Feet shoulder-width, chest up, bend knees to sit back as if on a chair. Knees stay behind toes.

Step-Ups – Step onto chair/bench, drive through the heel, keep your back straight. Alternate legs.

Push-Ups – Hands under shoulders, body in a straight line from head to heels/knees. Lower chest to floor, elbows at ~45°.

Band or Towel Rows – Pull elbows back, squeeze shoulder blades together. Keep core tight, do not arch back.

Glute Bridge – Lie on back, knees bent, lift hips until shoulders–hips–knees form a line. Squeeze glutes at top.

Power & Agility (2 rounds)

Jump Squats – Land softly, knees slightly bent, chest up.

Quick Feet (20 sec) – Stay on toes, small fast steps, core tight.

Core

Plank Hold – Elbows under shoulders, body straight, do not sag hips.

Bird Dogs – Hands under shoulders, knees under hips. Extend opposite arm/leg, keep hips level.

Conditioning (5 min)

Shuttle runs or jump rope intervals (20 sec on, 20 sec off ×5)