

WEEK 1

LIFTING PROGRESSIONS: always 3 sets, reps of 8, 10, 12, 15

WALL SQUATS: 3 x 12, no weights

WALKING LUNGES: 1 basement perimeter, no weights

HIP FLEXOR RAISES: 3 x 8 with 10 lb. weights

BACK EXTENSIONS: 2 sets as many as possible

CALF RAISES: 3 x 20, no weights, focus on foot position

FLOWING LUNGES: 2 x 15 for each leg, no weight, focus on going deeper with lunge and not using hands for balance