	Exercise	Progression (harder)	Sets	Reps	Video Link	Notes
Day 1						
Warm Up	Glute Bridge	single leg	2	20	https://youtu.be/D8b9-iucFoA	
	YTW's		2	10 each	https://youtu.be/wK29DU9zvO8	
	World Greatest Stretch		2	3 each side	https://youtu.be/S6aD9yZw8pA	
1a	Backpack Swings + Squat		3	15 each	https://youtu.be/pY6jnF-59OI	
1b	Front Plank	more time/deep breaths	3	1 minute	https://youtu.be/_2XaVHv8q_w	
2a	Renagade Row	move feet closer	3	12 each	https://youtu.be/Xp6NFNnhmjg	
2b	Bulgarian Split Squat		3	15 each	https://youtu.be/JPy5ZndQG2Y	
3a	Push Up	pause, spiderman, feet up, diamond	3	10-20 reps	https://youtu.be/_2XaVHv8q_w	
3b	Jump Squat		3	10	https://youtu.be/wIRA3bJfVMg	
4a	Arnold Press		3	15 each	https://youtu.be/fq2G16Eb__o	
4b	Shoulder Cycle		3	10 each	https://youtu.be/t-2sgy1al-Q	
4c	Push Up to Plank		3	10 each	https://youtu.be/ClYe5IvQa7k	

Day 2						
Warm Up	SAME AS DAY 1					
1a	Single Leg Deadlift		3	10 each	https://youtu.be/7pKliV83gRo	
1b	Deadlift		3	1 minute as many as you can		
2a	1.5 Squats		4	10	https://youtu.be/Ci3-iU4d8Kc	
2b	Calf Jump		4	1 minute		keep heart rate up!
3a	Squat to Press		3	1 minute as many as you can	https://youtu.be/l0hj7sJpms0	
3b	Hamstring Curls	single leg	3	15	https://youtu.be/EtAqxrpeMEA	socks will slide well on tile or hardwood floors
4a	Lateral Lunge with Press	Pause for longer	3	8 each	https://youtu.be/LJDhHQlMZqc	
4b	Push Up	pause, spiderman, feet up, diamond	3	As Many Reps As Possible	https://youtu.be/_2XaVHv8q_w	
5a	3 Minute Shoulders		2	20 seconds each part, 1 minut	https://youtu.be/eeVvAHCgIUI	circles forwards, circles backwards, open/close the gate, internal/external rotation, shoulder press, curls, 1 min hold out

Day 3	Running	Sets				
Warm Up	SAME AS DAY 1					
	1/4 mile	1				
	100 yards	2				
	40 yards	3				
	20 yards	4				
	10 yards	5				
	Stair Lateral Lunges	2	10 each		https://youtu.be/onGVoCcRajM	
	Stair High Knees	2	30 seconds as many as you can		https://youtu.be/oNe33CksohE	
	Stair Split Squat	2	15 each leg		https://youtu.be/8Er3m62miUU	
	Stair Push Ups	2	1 minute as many as you can		https://youtu.be/dGltiFhgSQE	
	Stair Up Down Jumps	2	1 minute as many as you can		https://youtu.be/eg6q1VWzqOY	
	Stair Sprints	2	1 minute			sprint up and down stairs for 1 minute