

**Dowel Warm Up:** <https://youtu.be/ciq-FHwnlyw>**Rest:** 60 seconds

Exercise Day 1 & 3	Week One			Week Two			Exercise Day 2	Week One			Week Two		
	Rep	Set	WT	Rep	Set	WT		Rep	Set	WT	Rep	Set	WT
Side Lying Hip Abduction (blue band around ankles)	10	1		10	1		Barbell Row	12	2		10	1	
	10	2		10	2			12	2		10	2	
	10	3		10	3			12	3		10	3	
Glute bridge (blue band above knees)	10	1		10	1		Push Up	12	1		10	1	
	10	2		10	2			12	2		10	2	
								12	3		10	3	
Mini-band side-stepping (10 steps left & 10 steps right)	20	1		20	1		Military Press	12	1		10	1	
	20	2		20	2			12	2		10	2	
								12	3		10	3	
Mini Band Forward Walks	20	1		20	1		Db Bent Over Lateral Raise	12	1		10	1	
	20	2		20	2			12	2		10	2	
								12	3		10	3	
Db Bulgarian Split Squat	10	1		10	1		Incline DB Flys	12	1		10	1	
	10	2		10	2			12	2		10	2	
	10	3		10	3			12			10		
Db Single Leg RDLs	10			10	1		Bicep Curls	12	1		10	1	
	10			10	2			12	2		10	2	
	10	3		10	3			12	3		10	3	
Plank (Core)	2x45s			2x 50s			Tricep Push Down	12	1		10	1	
								12	2		10	2	
								12	3		10	3	

One can pair Barbell Row &amp; Push up

One can pair Military Press &amp; Db Bent Over Lateral Raise

One can Tri-set Incline Db Flys, Bicep Curls &amp; Tricep Push Down



Full Pack Includes:

Hypertrophy Day 1+2+3  
Strength Day 1+2+3  
Power Day 1+2+3  
Maintenance Phase

**Hypertrophy Day 1 & 3 week 1-2**

Side Lying hip Abduction: <https://youtu.be/UlsWu56FeRk>  
Glute Bridge: <https://youtu.be/Tsj3hGTx9is>  
Mini Band walks: <https://youtu.be/grS5pSJlgqI>  
Bulgarian Split squat: [https://youtu.be/v\\_dUSuFnuKM](https://youtu.be/v_dUSuFnuKM)  
Single Leg RDL: <https://youtu.be/xtaExkpApLQ>  
Plank: <https://youtu.be/wpbsInIt6I4>

**Strength New Exercises Introduced**

Push Press: <https://youtu.be/spogKZUD4pU>  
Single Arm Cable row: [https://youtu.be/vtIctA\\_bFd0](https://youtu.be/vtIctA_bFd0)  
Pull Up: <https://youtu.be/eDVxSQzHsiU>  
Landmine Rotations: <https://youtu.be/wpbsInIt6I4>  
Reverse Lunge: [https://youtu.be/SoPPN\\_L2Si0](https://youtu.be/SoPPN_L2Si0)

**Hypertrophy Day 2 Week 1-2**

Barbell Row: <https://youtu.be/92EicETH23w>  
Push Up: <https://youtu.be/qpOhCnk-WMY>  
Military Press: <https://youtu.be/spogKZUD4pU>  
DB Bent Over Lateral raise: <https://youtu.be/ALeFqwDJo8A>  
Incline DB Flys:  
Bicep Curl: [https://youtu.be/QEW\\_O4tVz2s](https://youtu.be/QEW_O4tVz2s)  
Tricep Extension: <https://youtu.be/OI9XrRyLXTE>

**Power New Exercises Introduced**

Split squat Jumps: <https://youtu.be/7NYI8ytz6DE>  
Forward Hops: <https://youtu.be/cAAQI4nbm4M>  
Lateral Hops: <https://youtu.be/atfHjBL8SMY>  
Clap or Band Push Up: <https://youtu.be/bxmicXzhWuM>  
Push Jerk: <https://youtu.be/spogKZUD4pU>  
Elevated Glute Bridge: <https://youtu.be/Tsj3hGTx9is>  
Hanging Leg Raises: <https://youtu.be/wpbsInIt6I4>

**Hypertrophy Week 3-5**

Lateral Lunge: <https://youtu.be/2w5FgGuGTdk>  
Single leg Glute Bridge: <https://youtu.be/Tsj3hGTx9is>  
Swiss Ball Curl:  
V-Ups: <https://youtu.be/wpbsInIt6I4>