



Female 3x/wk Program

WARM-UP	Band Work	Distance/Reps
Yellow Mini Band	Lateral Walks (approx 15yd) Squat with band above knee	30yd 15reps

Day 1: Triceps and Quads		Week 1
Exercise	Sets	Reps
A1-Bench Step Up	4	15/side
A2-Incline Bench Pushup	4	25
A3-Squat (10lbs)	4	15
A4-Plie Jump Squat	4	15
B1-Leg Press (without weight)	3	20
B2-Wall Sit (or static squat)	3	45 sec
B3-Modified Push-up (on knees)	3	15
B4-Plank on Hands with Knee Tucks	3	15
B5-Plank On Elbows	3	45 sec

WARM-UP	Band Work	Distance/Reps
Yellow Mini Band	Lateral Walks (approx 15yd) Reverse Diagonal Stride	30yd 30yd

Day 2: Back and Hams		Week 1
Exercise	Sets	Reps
A1-Side to Side (on step or bench)	3	20
A2-Kneeling Incline Row (minimal weight)	3	15
A3-Forward Alternating Lunge	3	15
A4-Kettle Bell Bent Leg Dead Lift	3	10/side
A5-Slider Reverse Lunge	3	20
B1-Alternating Side Squat	4	10
B2-Lat Pull Down (use band to avoid weight)	4	15
B3-Bent Over Single Arm Dumbbell Rows (10lb max)	4	12
B4-Walking Lunges	4	30yd
C1-Side Planks	3	20 sec/side

WARM-UP	Band Work	Distance/Reps
Yellow Mini Band	Lateral Walks (approx 15yd) Forward and Reverse Diagonal Strides	30yd 30yd

Day 3: Legs		Week 1
Exercise	Sets	Reps
A1-Forward Bench Step Up	3	10
A2-Kettle Bell Goblet Squat	3	15
A3-Walking Lunge	3	30yd
A4-Static Squat	3	45 sec
B1-Single Leg Dead Lift (no weight)	3	10/side
B2-Single Leg Curl (minimal weight to challenge 2 legs)	3	15
B3-2 Leg Curl (same weight as previous ex.)	3	25
B3-Weighted Walking Side Squat	3	30yd
C1-Band Resistance Crunches	4	25
C2-Heels to Jesus	4	50

WARM-UP	Band Work	Distance/Reps
Green Mini Band	Lateral Walks (approx 15yd) Forward and Reverse Diagonal Strides	20yd 20yd

Day 4: Triceps and Quads		Week 2
Exercise	Sets	Reps
A1-1 Leg TRX Squat	4	15
A2-TRX Squat	4	25
A3-TRX Overhead Extension	4	15
A4-Bench Dip	4	25
B1-TRX Wide Stance Pulsing Squat	3	20
B2-Rear Foot Elevated Squat	3	10/side
B3-TRX Pushup	3	15
C1-Overhead Rope Grip Cable Extension	4	15
C2-Cable-facing Rope Grip Cable Extension	4	25

WARM-UP	Band Work	Distance/Reps
Green Mini Band	Lateral Walks (approx 15yd) Reverse Diagonal Stride	20yd 20yd

Day 5: Back and Hams		Week 2
Exercise	Sets	Reps
A1-Side to Side (on bench)	3	20
A2-Standing Single Arm Incline Cable Pull	3	15
A3-Reverse Decline Bench Bridges	3	25
A4-Decline Crunches	3	25
B1- Kettle Bell (or body weight) Romanian Dead Lift	3	10
B2-Leg Curl	4	20
B3-2 Arm Band Row	4	10
B3-Single Arm Bent Over Dumbbell Row	4	25
C1-Side Crunches	4	25/side
C1-Side Planks	3	20 sec/side

WARM-UP	Band Work	Distance/Reps
Green Mini Band	Lateral Walks (approx 15yd) Forward and Reverse Diagonal Strides	20yd 20yd

Day 6: Legs		Week 2
Exercise	Sets	Reps
A1-Forward Alternating Lunges	3	10
A2-Leg Curl	3	15
A3-Bosu Side to Sides	3	15
A4-Bosu Bridge	3	25 reps
B1-Single Leg Press (use machine, not sled)	3	15/side
B2-2 Leg Press (use machine, not sled)	3	25
B3-Single Leg Wall Sit	3	20 sec/leg
B3-Battle Ropes	3	30yd
C1-Single Leg Crunches	4	15/side
C2-Knees Up Crunch	4	50