
Level 1 Fitness Resources



Week 1



Exercises	Reps	Sets	Target Reps/Session	Target Reps/Week	Instructions
Suitcase Squats	10	2	20	40	Bodyweight, Feet 6" apart, toes point straight forward. Don't let knees 'buckle' inward during squat!
Push-ups	5	2	10	20	On knees, Arms at 45 degree angle
Walking Lunges	10	2	20	40	Bodyweight, alternating legs (10 each). Lower slowly, use FRONT leg to lower and to lift out of each lunge
Row right	5	2	10	20	Supported with non-working arm on bench Table top back!
Row left	5	2	10	20	Supported with non-working arm on bench. Also called 'Lawnmower'!
Banded Walks right	10	2	20	40	Resistance loop on ankles, pigeon toe' the feet, lead with the heels
Banded Walks left	10	2	20	40	Resistance loop on ankles, pigeon toe' the feet, lead with the heels
Plank	1	2	2	4	Try for 20 Seconds. Gently lower to knees during the set if necessary to make it!
Cobra Pose	1	2	2	4	15 Seconds, No hands unless necessary, head in line with spine.

	Target Minutes/Session	Number of Sessions	Target for the Week
Cardio	20	3	60
HIIT	0	0	0

Week 2



Exercises	Reps	Sets	Target Reps/Session	Target Reps/Week	Instructions
Push-ups	8	2	16	32	2 sets of 8 Reps
Squats	12	2	24	48	2 sets of 12 Reps
Step-ups	8	2	16	32	2 sets of 8 Reps
Shoulder Press	10	2	20	40	2 sets of 10 Reps
Lunges	12	2	24	48	2 sets of 12 Reps
Plank	10	1	1	2	60 Seconds
Side Plank	10	1	1	2	60 Seconds

	Target Minutes/Session	Number of Sessions	Target for the Week
Cardio	30	3	90
HIIT	0	0	0

Week 3



Exercises	Reps	Sets	Target Reps/Session	Target Reps/Week	Instructions
Push-ups	10	2	20	40	3 sets of 10 Reps
Squats	15	2	30	60	3 sets of 10 Reps
Step-ups	10	2	20	40	3 sets of 10 Reps
Shoulder Press	12	2	24	48	3 sets of 10 Reps
Lunges	15	2	30	60	3 sets of 10 Reps
Plank	10	1	1	2	60 Seconds
Side Plank	10	1	1	2	60 Seconds

	Target Minutes/Session	Number of Sessions	Target for the Week
Cardio	20	3	60
HIIT	20	1	20

Week 4



Exercises	Reps	Sets	Target Reps/Session	Target Reps/Week	Instructions
Push-ups	8	3	24	72	3 sets of 10 Reps
Squats	10	3	30	90	3 sets of 10 Reps
Step-ups	8	3	24	72	3 sets of 10 Reps
Shoulder Press	8	3	24	72	3 sets of 10 Reps
Lunges	10	3	30	90	3 sets of 10 Reps
Plank	10	1	1	3	60 Seconds
Side Plank	10	1	1	3	60 Seconds

	Target Minutes/Session	Number of Sessions	Target for the Week
Cardio	35	3	105
HIIT	25	1	25

Week 5



Exercises	Reps	Sets	Target Reps/Session	Target Reps/Week	Instructions
Push-ups	10	3	30	90	3 sets of 10 Reps
Squats	10	3	30	90	3 sets of 10 Reps
Step-ups	10	3	30	90	3 sets of 10 Reps
Shoulder Press	10	3	30	90	3 sets of 10 Reps
Lunges	10	3	30	90	3 sets of 10 Reps
Plank	10	1	1	3	60 Seconds
Side Plank	10	1	1	3	60 Seconds

	Target Minutes/Session	Number of Sessions	Target for the Week
Cardio	40	3	120
HIIT	20	2	40

Week 6



Exercises	Reps	Sets	Target Reps/Session	Target Reps/Week	Instructions
Push-ups	10	3	30	90	3 sets of 10 Reps
Squats	10	3	30	90	3 sets of 10 Reps
Step-ups	10	3	30	90	3 sets of 10 Reps
Shoulder Press	10	3	30	90	3 sets of 10 Reps
Lunges	10	3	30	90	3 sets of 10 Reps
Plank	10	1	1	3	60 Seconds
Side Plank	10	1	1	3	60 Seconds

	Target Minutes/Session	Number of Sessions	Target for the Week
Cardio	30	4	120
HIIT	30	2	60