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# Level 2 Fitness Resources



# Week 1



Exercises	Reps	Sets	Target Reps/Session	Target Reps/Week	Instructions
Suitcase Squats	8	2	16	32	Feet 6" apart, toes point straight forward. Don't let knees 'buckle' inward during squat
Push-ups	8	2	16	32	No knees if possible, lower to knees when necessary. Arms at 45 degree angle.
Walking Lunges	10	2	20	40	Alternating legs (15 each). Aim dumbbells for front ankle bones.
Row right	10	2	20	40	Supported with non-working arm on bench. Table top back.
Row left	10	2	20	40	Supported with non-working arm on bench. Also called 'Lawnmower'.
Banded Walks right	15	2	30	60	Resistance loop on ankles. Pigeon toe' the feet, lead with the heels.
Banded Walks left	15	2	30	60	Resistance loop on ankles. Pigeon toe' the feet, lead with the heels.
Plank	1	2	2	4	30 Seconds
Cobra Pose	1	3	3	6	20 Seconds. No hands unless necessary, head in line with spine.

	Target Minutes/Session	Number of Sessions	Target for the Week
Cardio	30	4	120
HIIT	25	1	25

# 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 10 Reps
Step-ups	12	2	24	48	2 sets of 12 Reps
Shoulder Press	10	2	20	40	2 sets of 10 Reps
Lunges	12	2	24	48	2 sets of 12 Reps
Plank		1	1	2	60 Seconds
Side Plank		1	1	2	60 Seconds

	Target Minutes/Session	Number of Sessions	Target for the Week
Cardio	35	4	140
HIIT	25	2	50

# Week 3



Exercises	Reps	Sets	Target Reps/Session	Target Reps/Week	Instructions
Push-ups	8	3	24	48	3 sets of 8 Reps
Squats	10	3	30	60	3 sets of 10 Reps
Step-ups	10	3	30	60	3 sets of 10 Reps
Shoulder Press	8	3	24	48	3 sets of 8 Reps
Lunges	10	3	30	60	3 sets of 10 Reps
Plank		1	1	2	60 Seconds
Side Plank		1	1	2	60 Seconds

	Target Minutes/Session	Number of Sessions	Target for the Week
Cardio	40	4	160
HIIT	25	2	50

# Week 4



Exercises	Reps	Sets	Target Reps/Session	Target Reps/Week	Instructions
Push-ups	10	3	30	90	3 sets of 10 Reps
Squats	12	3	36	108	3 sets of 12 Reps
Step-ups	12	3	36	108	3 sets of 12 Reps
Shoulder Press	10	3	30	90	3 sets of 10 Reps
Lunges	12	3	36	108	3 sets of 12 Reps
Plank		1	1	3	60 Seconds
Side Plank		1	1	3	60 Seconds

	Target Minutes/Session	Number of Sessions	Target for the Week
Cardio	40	4	160
HIIT	30	2	60

# Week 5



Exercises	Reps	Sets	Target Reps/Session	Target Reps/Week	Instructions
Push-ups	10	3	30	90	3 sets of 10 Reps
Squats	12	3	36	108	3 sets of 12 Reps
Step-ups	12	3	36	108	3 sets of 12 Reps
Shoulder Press	12	3	36	108	3 sets of 12 Reps
Lunges	12	3	36	108	3 sets of 12 Reps
Plank		1	1	3	60 Seconds
Side Plank		1	1	3	60 Seconds

	Target Minutes/Session	Number of Sessions	Target for the Week
Cardio	45	4	180
HIIT	35	2	70

# Week 6



Exercises	Reps	Sets	Target Reps/Session	Target Reps/Week	Instructions
Push-ups	20	3	60	180	3 sets of 20 Reps
Squats	20	3	60	180	3 sets of 20 Reps
Step-ups	15	3	45	135	3 sets of 15 Reps
Shoulder Press	15	3	45	135	3 sets of 15 Reps
Lunges	20	3	60	180	3 sets of 20 Reps
Plank		1	1	3	60 Seconds
Side Plank		1	1	3	60 Seconds

	Target Minutes/Session	Number of Sessions	Target for the Week
Cardio	60	5	300
HIIT	35	3	105