
Level 3 Fitness Resources



Week 1



Exercises	Reps	Sets	Target Reps/Session	Target Reps/Week	Instructions
Suitcase Squats	15	3	45	90	Feet 6" apart, toes point straight forward. Don't let knees 'buckle' inward during squat.
Push-ups	15	3	45	90	No knees if possible, lower to knees when necessary. Arms at 45 degree angle.
Step-ups right	15	3	45	90	Keep weight forward during lowering phase. Land gently on 'floor' leg.
Step-ups left	15	3	45	90	Keep weight forward during lowering phase. Land gently on 'floor' leg.
Row right	15	3	45	90	Supported with non-working arm on bench. Table top back.
Row left	15	3	45	90	Supported with non-working arm on bench. Also called 'Lawnmower'.
Banded Walks right	15	3	45	90	Resistance loop on ankles. Pigeon toe' the feet, lead with the heels.
Banded Walks left	15	3	45	90	Resistance loop on ankles. Pigeon toe' the feet, lead with the heels.
Plank	1	3	1	2	60 Seconds
Cobra Pose	1	3	1	2	20 Seconds. No hands unless necessary, head in line with spine.

	Target Minutes/Session	Number of Sessions	Target for the Week
Cardio	45	5	225
HIIT	30	2	60

Week 2



Exercises	Reps	Sets	Target Reps/Session	Target Reps/Week	Instructions
Push-ups	15	3	45	90	3 sets of 15 Reps
Squats	15	3	45	90	3 sets of 15 Reps
Step-ups	15	3	45	90	3 sets of 15 Reps
Shoulder Press	15	3	45	90	3 sets of 15 Reps
Lunges	15	3	45	90	3 sets of 15 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	50	5	250
HIIT	35	2	70

Week 3



Exercises	Reps	Sets	Target Reps/Session	Target Reps/Week	Instructions
Push-ups	15	3	45	90	3 sets of 15 Reps
Squats	15	3	45	90	3 sets of 15 Reps
Step-ups	15	3	45	90	3 sets of 15 Reps
Shoulder Press	15	3	45	90	3 sets of 15 Reps
Lunges	15	3	45	90	3 sets of 15 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	50	5	250
HIIT	35	3	105

Week 4



Exercises	Reps	Sets	Target Reps/Session	Target Reps/Week	Instructions
Push-ups	15	3	45	135	3 sets of 15 Reps
Squats	15	3	45	135	3 sets of 15 Reps; heavier weights
Step-ups	15	3	45	135	3 sets of 15 Reps; heavier weights
Shoulder Press	15	3	45	135	3 sets of 15 Reps
Lunges	15	3	45	135	3 sets of 15 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	55	5	275
HIIT	35	3	105

Week 5



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	55	5	275
HIIT	35	3	105

Week 6



Exercises	Reps	Sets	Target Reps/Session	Target Reps/Week	Instructions
Push-ups	15	3	45	135	3 sets of 10 Reps
Squats	15	3	45	135	3 sets of 10 Reps
Step-ups	15	3	45	135	3 sets of 10 Reps
Shoulder Press	15	3	45	135	3 sets of 10 Reps
Lunges	15	3	45	135	3 sets of 10 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	30	3	90
HIIT	30	1	30