

FYL Training Progress

Sweat & Glow

April 2024

Date		Week 1		Week 2		Week 3	
Progress		Set 1	Set 2	Set 1	Set 2	Set 1	Set 2
Full	Squat to Power Press						
	Burpies						
	Iso Renegade Row (R/L)						
Upper	Iso OHP + Opposite Swing + Press						
	Plyo Push-Ups						
	Iso Triceps Kickback						
Lower	Bulgarian Split Squat (R/L)						
	Jump / Power Squat						
	Iso Lunge (R/L)						
Full	Deadlift with Upright Row						
	Mountain Climbers / Jacks						
	Wall Sit with Front Hold						
Core	Matrix						
	Plank Jacks						
	Side Plank (R/L)						
Format = 40 seconds for strength move; 30 seconds for power move; 20 seconds for iso move x 2 sets							