

Core/Cardio Day (this can replace a day 7 or any day if you want)

Cardio (15-20minutes)

2 minutes moderate pace (50% effort), 45 second sprint (100% effort), 2 minutes moderate pace, 45 second sprint, etc. until (15 - 20minutes) are up.

Core

1. Plank: 4 sets, hold for as long as you can (failure), take a 30 to a minute break.
2. Hanging Leg Raises: 4 sets, you can add weight with a dumbbell or just do it with bodyweight (I suggest body weight) go until failure, take a 30 to a minute break.
3. Side Plank: 4 sets, hold for as long as you can (failure), take a 30 to a minute break.
4. Bicycle Crunches: 4 sets, hold for as long as you can (failure), take a 30 to a minute break.
5. Hip Raises: 4 sets, hold for as long as you can (failure), take a 30 to a minute break.

Mobility (Very Important Especially for a long lasting career)

Hips

1. lying hip rotations
2. Pigeon stretch
3. Can Openers
4. Kneeling Lunge (put one leg on the wall better stretch)
5. Frog Stretch
6. banded hip flexor stretch

Legs

1. standing hamstring stretch
2. Butterfly Stretch
3. Knee to Chest Stretch
4. Walking Straight-Leg Kicks
5. glute bridge
6. Quad Stretch

Arms

1. Tricep Stretch
2. Shoulder Stretch
3. wall slides
4. Internal and External Rotator cuff stretch (you can use a band and rotate out)
5. L-Arm Stretch
6. Clasped Hands Extension

Chest

1. Bent-arm Wall Stretch
2. Side Lying Parallel Arm Chest Stretch
3. Pec Release (Use a ball)
4. Back Bend Stretch
5. Stability Ball Chest Stretch

Back

1. Child's Pose
2. Pelvic tilt
3. Neck Rotations
4. T-Spine Rotation with a stick

There are a lot more mobility exercises but, those are a few I wanted to mention not only that, you can use a roll foamer and sketching stick as well.