

Block 1

Day 1	Week 1	Week 2	Week 3	Week 4
Wall push-ups 3x10				
Bent over row 3x10				
Chair squats 3x10				
Balance on one leg 3x15 seconds each				

Day 2	Week 1	Week 2	Week 3	Week 4
Tricep overhead extensions 3x10				
Bicep curl 3x10				
Seated calf raises 3x10				
Standing knee ups 3x10				

Day 3	Week 1	Week 2	Week 3	Week 4
Lying bench 3x10				
Single arm row 3x10				
Glute kickbacks 3x10				
Quadrapledric alternating extensions 3x10				

Block 2

Day 1	Week 1	Week 2	Week 3	Week 4
Dumbbell bench 3x10-15				
Dumbbell fly 3x10-15				
Overhead extensions 3x10-15				
Standing on one leg 3x15-30 seconds				

Day 2	Week 1	Week 2	Week 3	Week 4
Single arm rows 3x10-15				
Bent over rows 3x10-15				
Dumbbell curls 3x10-15				
Quadrapledric alternating extensions 3x10-15				

Day 3	Week 1	Week 2	Week 3	Week 4
Chair squats 3x10-15				
Dumbbell deadlifts 3x10-15				
Standing knee				

ups 3x10-15				
Walk 10-15 minute				