

### Day 1

Exercise	Sets	Reps	Load	Week 1	Week2	Week 3	Week4
1A. <a href="#">Chair squats</a>		5-8		5-8	8-10	10-12	12-15
1B. <a href="#">Plank to push ups</a>		5-8		5-8	8-10	10-12	12-15
1C. <a href="#">Marching</a>		20		20	30	30	20

### Day 2

Exercise	Sets	Reps	Load	Week 1	Week2	Week 3	Week4
1A. <a href="#">Cat cows</a>	5 min timer	5-8		5-8	8-10	10-12	12-15
1B. <a href="#">Deadbugs</a>		5-8		5-8	8-10	10-12	12-15
1C. <a href="#">Rocking</a>		20		20	30	30	20

### Day 3

Exercise	Sets	Reps	Load	Week 1	Week2	Week 3	Week4
1A. <a href="#">Hip bridges</a>		20		20	25	30	35
1B. <a href="#">Standing twist</a>		5-8/ 20		5-8/ 20	8-10/ 30	10-12/ 30	12-15/ 20
1C. <a href="#">Marching</a>							

### Day 4

Exercise	Sets	Reps	Load	Week 1	Week2	Week 3	Week4
1A. <a href="#">Chair squats</a>		5-8		5-8	8-10	10-12	12-15
1B. <a href="#">Plank to push ups</a>		5-8		5-8	8-10	10-12	12-15
1C. <a href="#">Marching</a>		20		20	30	30	20

### Day 5

Exercise	Sets	Reps	Load	Week 1	Week2	Week 3	Week4
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<b>1A.</b> <a href="#">Unloaded wall hinge</a> <b>1B.</b> <a href="#">One arm plank holds</a> <b>1C.</b> Fake jump rope		5-8		5-8	8-10	10-12	12-15
		5-8		5-8	8-10	10-12	12-15
		20		20	30	30	20

**Notes:**