

Surprising Rewards



Matt and J.R.'s Intense 72+ Week Workout

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Reaching Baseline – Weeks 1-12

	Week 5	Week 6	Week 7	Week 8
Front Plank	6 Breaths	6 Breaths	7 Breaths	8 Breaths
Gymnastics Bridge	5 Breath	6 Breaths	7 Breaths	8 Breaths
Side Planks	-	1 Breaths	2 Breaths	3 Breaths
Ab Wheel Rollouts	14	15	16	17
Squats	42	45	48	51
H Push-ups	14	15	16	17

	Week 9	Week 10	Week 11	Week 12
Front Plank	9 Breaths	10 Breaths	11 Breaths	12 Breaths
Gymnastics Bridge	9 Breaths	10 Breaths	11 Breaths	12 Breaths
Side Planks	4 Breaths	5 Breaths	6 Breaths	6 Breaths
Ab Wheel Rollouts	18	19	20	20
Squats	54	57	60	60
H Push-ups	18	19	20	20

Establishing Intensity Days– Weeks 13-24

	Week 13	Week 14	Week 15	Week 16
Front Plank	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Gymnastics Bridge	12 Breaths	12 Breaths	12 Breaths	12 Breaths

Side Planks	7 Breaths	8 Breaths	9 Breaths	10 Breaths
Ab Wheel Rollouts	Day 1 – 22	Day 1 – 24	Day 1 – 26	Day 1 – 28
	Day 2 – 20	Day 2 – 20	Day 2 – 20	Day 2 – 20
	Day 3 – 22	Day 3 – 24	Day 3 – 26	Day 3 – 28
	Day 4 – 20	Day 4 – 20	Day 4 – 20	Day 4 – 20
	Day 5 - 22	Day 5 - 24	Day 5 - 26	Day 5 - 28
Squats	Day 1 – 66	Day 1 – 72	Day 1 – 78	Day 1 – 84
	Day 2 – 60	Day 2 – 60	Day 2 – 60	Day 2 – 60
	Day 3 – 66	Day 3 – 72	Day 3 – 78	Day 3 – 84
	Day 4 – 60	Day 4 – 60	Day 4 – 60	Day 4 – 60
	Day 5 - 66	Day 5 - 72	Day 5 - 78	Day 5 - 84
H Push-ups	Day 1 – 22	Day 1 – 24	Day 1 – 26	Day 1 – 28
	Day 2 – 20	Day 2 – 20	Day 2 – 20	Day 2 – 20
	Day 3 – 22	Day 3 – 24	Day 3 – 26	Day 3 – 28
	Day 4 – 20	Day 4 – 20	Day 4 – 20	Day 4 – 20
	Day 5 - 22	Day 5 - 24	Day 5 - 26	Day 5 - 28

	Week 17	Week 18	Week 19	Week 20
Front Plank	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Gymnastics Bridge	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Side Planks	11 Breaths	12 Breaths	12 Breaths	12 Breaths
Ab Wheel Rollouts	Day 1 – 30	Day 1 – 33	Day 1 – 36	Day 1 – 39
	Day 2 – 20	Day 2 – 20	Day 2 – 20	Day 2 – 20
	Day 3 – 30	Day 3 – 30	Day 3 – 30	Day 3 – 30
	Day 4 – 20	Day 4 – 24	Day 4 – 28	Day 4 – 32
	Day 5 - 30	Day 5 - 30	Day 5 - 30	Day 5 - 30
Squats	Day 1 – 90	Day 1 – 96	Day 1 – 100	Day 1 – 110
	Day 2 – 60	Day 2 – 60	Day 2 – 60	Day 2 – 60
	Day 3 – 90	Day 3 – 96	Day 3 – 100	Day 3 – 100
	Day 4 – 60	Day 4 – 60	Day 4 – 60	Day 4 – 75
	Day 5 - 90	Day 5 - 96	Day 5 - 100	Day 5 - 100
H Push-ups	Day 1 – 30	Day 1 – 33	Day 1 – 36	Day 1 – 39
	Day 2 – 20	Day 2 – 20	Day 2 – 20	Day 2 – 20
	Day 3 – 30	Day 3 – 30	Day 3 – 30	Day 3 – 30
	Day 4 – 20	Day 4 – 24	Day 4 – 28	Day 4 – 32
	Day 5 - 30	Day 5 - 30	Day 5 - 30	Day 5 - 30

	Week 21	Week 22	Week 23	Week 24
Front Plank	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Gymnastics Bridge	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Side Planks	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Ab Wheel Rollouts	Day 1 – 42	Day 1 – 45	Day 1 – 48	Day 1 – 50

	Day 2 – 20 Day 3 – 30 Day 4 – 36 Day 5 - 30	Day 2 – 20 Day 3 – 30 Day 4 – 40 Day 5 - 30	Day 2 – 20 Day 3 – 30 Day 4 – 44 Day 5 - 30	Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30
Squats	Day 1 – 120 Day 2 – 60 Day 3 – 100 Day 4 – 90 Day 5 - 100	Day 1 – 130 Day 2 – 60 Day 3 – 100 Day 4 – 105 Day 5 - 100	Day 1 – 140 Day 2 – 60 Day 3 – 100 Day 4 – 120 Day 5 - 100	Day 1 – 150 Day 2 – 60 Day 3 – 100 Day 4 – 135 Day 5 - 100
H Push-ups	Day 1 – 42 Day 2 – 20 Day 3 – 30 Day 4 – 36 Day 5 - 30	Day 1 – 45 Day 2 – 20 Day 3 – 30 Day 4 – 40 Day 5 - 30	Day 1 – 48 Day 2 – 20 Day 3 – 30 Day 4 – 44 Day 5 - 30	Day 1 – 50 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30

Taking It Up a Notch – Weeks 25-48

	Week 25	Week 26	Week 27	Week 28
Front Plank	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Gymnastics Bridge	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Side Planks	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Ab Wheel Rollouts <i>Knees/Toes/Knees</i>	Day 1 – 10/1/40 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/2/30 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/3/30 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/4/30 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30
Squats	Day 1 – 160 Day 2 – 60 Day 3 – 100 Day 4 – 160 Day 5 - 100	Day 1 – 170 Day 2 – 60 Day 3 – 100 Day 4 – 170 Day 5 - 100	Day 1 – 180 Day 2 – 60 Day 3 – 100 Day 4 – 180 Day 5 - 100	Day 1 – 190 Day 2 – 60 Day 3 – 100 Day 4 – 190 Day 5 - 100
H Push-ups <i>H-ups/Scorpion/H-ups</i>	Day 1 – 10/2/40 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/4/30 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/6/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/8/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30

	Week 29	Week 30	Week 31	Week 32
Front Plank	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Gymnastics Bridge	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Side Planks	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Ab Wheel Rollouts	Day 1 – 10/5/30	Day 1 – 10/6/30	Day 1 – 10/7/30	Day 1 – 10/8/30

Knees/Toes/Knees	Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30
Squats	Day 1 – 200 Day 2 – 60 Day 3 – 100 Day 4 – 200 Day 5 - 100	Day 1 – 210 Day 2 – 60 Day 3 – 100 Day 4 – 210 Day 5 - 100	Day 1 – 220 Day 2 – 60 Day 3 – 100 Day 4 – 220 Day 5 - 100	Day 1 – 230 Day 2 – 60 Day 3 – 100 Day 4 – 230 Day 5 - 100
H Push-ups H-ups/Scorpion/H-ups	Day 1 – 10/10/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/12/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/14/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/16/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30

	Week 33	Week 34	Week 35	Week 36
Front Plank	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Gymnastics Bridge	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Side Planks	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Ab Wheel Rollouts Knees/Toes/Knees	Day 1 – 10/9/30 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/10/30 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/11/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/12/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30
Squats	Day 1 – 240 Day 2 – 60 Day 3 – 100 Day 4 – 240 Day 5 - 100	Day 1 – 250 Day 2 – 60 Day 3 – 100 Day 4 – 250 Day 5 - 100	Day 1 – 260 Day 2 – 60 Day 3 – 100 Day 4 – 260 Day 5 - 100	Day 1 – 270 Day 2 – 60 Day 3 – 100 Day 4 – 270 Day 5 - 100
H Push-ups H-ups/Scorpion/H-ups	Day 1 – 10/18/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30

	Week 37	Week 38	Week 39	Week 40
Front Plank	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Gymnastics Bridge	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Side Planks	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Ab Wheel Rollouts Knees/Toes/Knees	Day 1 – 10/13/20 Day 2 – 20 Day 3 – 30	Day 1 – 10/14/20 Day 2 – 20 Day 3 – 30	Day 1 – 10/15/20 Day 2 – 20 Day 3 – 30	Day 1 – 10/16/20 Day 2 – 20 Day 3 – 30

	Day 4 – 50 Day 5 - 30	Day 4 – 50 Day 5 - 30	Day 4 – 50 Day 5 - 30	Day 4 – 50 Day 5 - 30
Squats	Day 1 – 280 Day 2 – 60 Day 3 – 100 Day 4 – 280 Day 5 - 100	Day 1 – 290 Day 2 – 60 Day 3 – 100 Day 4 – 290 Day 5 - 100	Day 1 – 300 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 330 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100
H Push-ups H-ups/Sting&Swing/H-ups	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30

	Week 41	Week 42	Week 43	Week 44
Front Plank	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Gymnastics Bridge	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Side Planks	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Ab Wheel Rollouts Knees/Toes/Knees	Day 1 – 10/17/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/18/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/19/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30
Squats	Day 1 – 360 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 390 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 420 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 450 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100
H Push-ups H-ups/Sting&Swing/H-ups	Day 1 – 10/14/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/16/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/18/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30

	Week 45	Week 46	Week 47	Week 48
Front Plank	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Gymnastics Bridge	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Side Planks	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Ab Wheel Rollouts Knees/Toes/Knees Straddle to Feet Together	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50

	Day 5 - 30	Day 5 - 30	Day 5 - 30	Day 5 - 30
Squats After reaching 500 Wk 47-48 -1 st 100 in 3 minutes	Day 1 – 480 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100
H Push-ups H-ups/1-arm H-ups/H-ups	Day 1 – 10/2/40 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/3/35 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/4/30 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/5/25 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30

Getting Crazy – Weeks 49-72

	Week 49	Week 50	Week 51	Week 52
Front Plank	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Gymnastics Bridge	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Side Planks	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Ab Wheel Rollouts Knees/Toes/Knees Feet Together	Day 1 – 10/1/40 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/2/30 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/3/30 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/4/30 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30
Squats 1 st 200 in 6 minutes	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100
H Push-ups H-ups/1-arm U-up/H-ups	Day 1 – 10/6/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/7/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/8/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/9/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30

	Week 53	Week 54	Week 55	Week 56
Front Plank	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Gymnastics Bridge	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Side Planks	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Ab Wheel Rollouts Knees/Toes/Knees Feet Together	Day 1 – 10/5/30 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/6/30 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/7/30 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/8/30 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30

Squats 1 st 300 in 9 minutes	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100
H Push-ups H-ups/1-arm H-up/H-ups	Day 1 – 10/10/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/11/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/12/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/13/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30

	Week 57	Week 58	Week 59	Week 60
Front Plank	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Gymnastics Bridge	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Side Planks	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Ab Wheel Rollouts Knees/Toes/Knees Feet Together	Day 1 – 10/9/30 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/10/30 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/11/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/12/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30
Squats 1 st 400 in 12 minutes	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100
H Push-ups H-ups/1 arm H-up/H-ups	Day 1 – 10/14/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/15/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/16/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/17/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30

	Week 61	Week 62	Week 63	Week 64
Front Plank	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Gymnastics Bridge	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Side Planks	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Ab Wheel Rollouts Knees/Toes/Knees Feet Together	Day 1 – 10/13/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/14/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/15/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/16/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30
Squats 500 in 15 minutes	Day 1 – 500 Day 2 – 60	Day 1 – 500 Day 2 – 60	Day 1 – 500 Day 2 – 60	Day 1 – 500 Day 2 – 60

	Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 3 – 100 Day 4 – 300 Day 5 - 100
H Push-ups H-ups/1 arm H-up/H-ups	Day 1 – 10/18/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/19/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30

	Week 65	Week 66	Week 67	Week 68
Front Plank	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Gymnastics Bridge	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Side Planks	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Ab Wheel Rollouts Knees/Toes/Knees Feet Together	Day 1 – 10/17/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/18/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/19/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30
Squats Mix in leaping squats & one-legged squats	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100	Day 1 – 500 Day 2 – 60 Day 3 – 100 Day 4 – 300 Day 5 - 100
H Push-ups H-ups/1 arm H-Up/H-ups	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30

	Week 69	Week 70	Week 71	Week 72
Front Plank	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Gymnastics Bridge	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Side Planks	12 Breaths	12 Breaths	12 Breaths	12 Breaths
Ab Wheel Rollouts Knees/Toes/Knees Alternate Straddle & Feet Together	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30
Squats Mix in leaping squats & one-legged squats	Day 1 – 500 Day 2 – 60 Day 3 – 100	Day 1 – 500 Day 2 – 60 Day 3 – 100	Day 1 – 500 Day 2 – 60 Day 3 – 100	Day 1 – 500 Day 2 – 60 Day 3 – 100

	Day 4 – 300 Day 5 - 100	Day 4 – 300 Day 5 - 100	Day 4 – 300 Day 5 - 100	Day 4 – 300 Day 5 - 100
H Push-ups H-ups/1-arm H-ups/H-ups	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30	Day 1 – 10/20/20 Day 2 – 20 Day 3 – 30 Day 4 – 50 Day 5 - 30

Maintenance – Weeks 73 and on

	Day 1	Day 2	Day 3
Front Plank	12 Breaths	12 Breaths	12 Breaths
Pull-Ups	Max Out	Max Out	Max Out
Side Planks	12 Breaths	12 Breaths	12 Breaths
Ab Wheel Rollouts Knees	50	20	30
Squats	300 (or 75 1 legged squats per leg)	60 (or 25 1 legged squats per leg)	100 (or 50 1 legged squats per leg)
H Push-ups H-ups	60	20	30
Cardio	40 Minutes		40 Minutes

	Day 4	Day 5	Day 6	Day 7
Front Plank	12 Breaths	12 Breaths	Rest	Rest
Pull Ups	Max Out	Max Out	-	-
Side Planks	12 Breaths	12 Breaths	-	-
Ab Wheel Rollouts Knees	50	30	-	-
Squats	300 (or 75 1 legged squats per leg)	100 (or 50 1 legged squats per leg)	-	-
H Push-ups H-ups	60	30	-	-
Cardio		40 Minutes	40 Minutes Day 6 or	40 minutes Day 7