		WEEK 1			WEEK 2			WEEK 3			WEEK 4		
		SET 1	SET 2	SET 2	SET 1	SET 2	SET 2	SET 1	SET 2	SET 2	SET 1	SET 2	SET 2
FEET	Rope Pulls												
	Scrunching Toes												
	Pulling Arches												
	Arches												
	Lower Trap Band Pull												
GLUTES	Bridge (knee/feet apart)												
	Bridge (knee apart/feet together)												
	Bridge (knee together/feet apart)												
	Bridge (knee together/feet together)												
	Psoas Detorsion												
	Glute Max												
	Glute Med												
	Anterior (toes up)												
	Anterior (toes down)												
	Medial (toes up)												
	Medial (toes down)												
	Posterior (toes up)												
	Posterior (toes down)												
	Adductors												
SHOULDERS	**Serratis Anterior**												
	Wrists below shoulders												
	Wrists in front of shoulders												
	Wrists behind shoulders												
	Rhomboids												
	Lower Traps												
	Shoulder Pumping												
	45º Down												
	45º Up												
	45º Down												
CORE	Obliques												
	Good mornings												
	Plank												