## BU 4 Day Program-- PHASE 1-- Body Weight/Band

This program is designed to have 4 weeks per phase. The phases include body weight / band exercises, the use of dumbbells for the second phase and the third phase barbells. For all exercises use your body weight or a band as indicated. In the third or fourth week you may use a weight vest if appropriate. Perform the exercises in each block as a circuit.

MONDAY					TUESDAY				
	A-BL	оск			A-BL0	оск			
Walking Lunges 3 x 12-15 reps Each leg				Push-ups  3 x 12-15 reps Modify if needed. Knees on floor or hands on bench		hands on bench	knees on floor		
Front Plank 3 x 45 seconds				TRX Supine Row 3 x 12-15 reps					
Glute Bridge Ups 3 x 12-15 reps				Band Anti-Rotation 3 x 30 secs Each way					
	B-BL	оск		B-BLOCK					
BW Squat  3 x 12-15 reps  Progress to a band as able.				Band Kneeling OH Hip Extension 3 x 12-15 reps					
Side Plank 3 x 30 second each side Choose a level that works for you!	1st level	2nd level	3rd level	Band Straight Arm Pulldowns 3 x 12-15 reps					
BW Good Morning 3 x 12-15 reps Progress to a band as able.			and a second	Bench Dips 3 x 12-15 reps					
	B-BLOCK  Squat 12-15 reps 2-15 reps 30 second hoside ose a level works for lat level  Good ming 12-15 reps gress to a d as able.  C-BLOCK  I Sit 30 seconds tral Spine 30 seconds tract abs the floor.			C-BLOCK					
Wall Sit 3 x 30 seconds				Band Supine Tri Extension 3 x 12-15 reps Each way					
Neutral Spine 3 x 30 seconds Contract abs into the floor.				Band Face Pulls 3 x 12-15 reps					
Band X-Walk 3 x 12-15 reps Each side				Single Arm Band Curls 3 x 12-15 reps Each arm					

BU 4 Day Body Weight Program									
THURSDAY					FRIDAY				
	A-BL	оск				A-BL0	оск		
Backward Walking Lunges 3 x 12-15 reps Each leg					BW Push-up  3 x 10-12 reps  Progress to a band as able.				
Cobra 3 x 30 seconds each position	-7				Chin grip Lat Pulldown or Chin-ups 3 x 12-15 reps Progress to chin-ups as able.				
Short Supine Bridge Hold 2 x 20 second hold each leg					Band Tricep Extensions 3 x 12-15 reps				
	B-BL	оск							
BW Bulgarian 3 x 12-15 reps Each leg Progress to a band as able.					Wall Angel 3 x 12-15 reps				
Bird Dog  3 x 12-15 reps each side		1 PRINT			Band SA Straight Arm Side Pulldowns 3 x 12-15 reps	37 36 35 C <sub>M</sub>			
BW SL Good Morning 3 x 12-15 reps Each leg Progress to a band as able.					Band Bicep Curls 3 x 12-15 reps				
	C-BL	оск				C-BL(	оск		
Squat Jump 3 x 12-15 reps			Jumppilus		MB 2 Handed Push-up 3 x 12-15 reps Modify as needed placing knees on floor.			modified	
Bench Plank Up-down 3 x 12-15 reps Progress to Floor Plank up-down					Butt Ball Wall  3 x 12-15 reps each side				
Band Monster Walk 3 x 12-15 reps Each side					Band Pull Aparts 3 x 12-15 reps				