

week1

Week 1	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	Tuck Sit - 5s 3 reps	Repeat once	Repeat once
	Tuesday	Tuck Sit - 5s 3 reps	Repeat once	Repeat once
	Wednesday	Tuck Sit - 5s 3 reps	Repeat once	Repeat once
	Thursday	Tuck Sit - 5s 3 reps	Repeat once	Repeat once
	Friday	Tuck Sit - 5s 3 reps	Repeat once	Repeat once
	Saturday	Tuck Sit - 5s 3 reps	Repeat once	Repeat once
	Sunday	Rest	Rest	Rest

week 2

Week 2	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	Tuck Sit 10 s 3 reps	Repeat once	Repeat once
		High Tuck Sit 5s 3 reps		Repeat once
	Tuesday	Tuck Sit 10 s 3 reps	Repeat once	Repeat once
		High Tuck Sit 5s 3 reps		Repeat once
	Wednesday	Tuck Sit 10 s 3 reps	Repeat once	Repeat once
		High Tuck Sit 5s 3 reps		Repeat once
	Thursday	Tuck Sit 10 s 3 reps	Repeat once	Repeat once
		High Tuck Sit 5s 3 reps		Repeat once
	Friday	Tuck Sit 10 s 3 reps	Repeat once	Repeat once
		High Tuck Sit 5s 3 reps		Repeat once
	Saturday	Tuck Sit 10 s 3 reps	Repeat once	Repeat once
		High Tuck Sit 5s 3 reps		Repeat once
	Sunday	Rest	Rest	Rest

week 3

Week 3	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	High Tuck Sit 10s 3 reps	Repeat once	Repeat once
		Extended Sit 5s 3 reps		Repeat once
	Tuesday	High Tuck Sit 10s 3 reps	Repeat once	Repeat once
		Extended Sit 5s 3 reps		Repeat once
	Wednesday	High Tuck Sit 10s 3 reps	Repeat once	Repeat once
		Extended Sit 5s 3 reps		Repeat once
	Thursday	High Tuck Sit 10s 3 reps	Repeat once	Repeat once
		Extended Sit 5s 3 reps		Repeat once
	Friday	High Tuck Sit 10s 3 reps	Repeat once	Repeat once
		Extended Sit 5s 3 reps		Repeat once
	Saturday	High Tuck Sit 10s 3 reps	Repeat once	Repeat once
		Extended Sit 5s 3 reps		Repeat once
	Sunday	Rest	Rest	Rest

week 4

Week 4	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	extended sit 8s 3 reps	Repeat once	Repeat once
	Tuesday	extended sit 8s 3 reps	Repeat once	Repeat once
	Wednesday	extended sit 8s 3 reps	Repeat once	Repeat once
	Thursday	extended sit 8s 3 reps	Repeat once	Repeat once
	Friday	extended sit 8s 3 reps	Repeat once	Repeat once
	Saturday	extended sit 8s 3 reps	Repeat once	Repeat once
	Sunday	Rest	Rest	Rest

week 5

Week 5	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	extended sit 10s 3 reps	Repeat once	Repeat once
		L sit 3s 1 rep		Repeat once
	Tuesday	extended sit 10s 3 reps	Repeat once	Repeat once
		L sit 3s 1 rep		Repeat once
	Wednesday	extended sit 10s 3 reps	Repeat once	Repeat once
		L sit 3s 1 rep		Repeat once
	Thursday	extended sit 10s 3 reps	Repeat once	Repeat once
		L sit 3s 1 rep		Repeat once
	Friday	extended sit 10s 3 reps	Repeat once	Repeat once
				Repeat once
	Saturday	extended sit 10s 3 reps	Repeat once	Repeat once
		L sit 3s 1 rep		Repeat once
	Sunday	Rest	Rest	Rest

week 6

Week 6	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	L sit 5s-10s 2 rep	Repeat once	Repeat once
	Tuesday	L sit 5s-10s 2 rep	Repeat once	Repeat once
	Wednesday	L sit 5s-10s 2 rep	Repeat once	Repeat once
	Thursday	L sit 5s-10s 2 rep	Repeat once	Repeat once
	Friday	L sit 5s-10s 2 rep	Repeat once	Repeat once
	Saturday	L sit 5s-10s 2 rep	Repeat once	Repeat once
	Sunday	Rest	Rest	Rest

week 7

Week 7	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	L sit 5s-10s 2 rep	Repeat once	Repeat once
		L sit 8s 2 rep		Repeat once
	Tuesday	L sit 5s-10s 2 rep	Repeat once	Repeat once
		L sit 8s 2 rep		Repeat once
	Wednesday	L sit 5s-10s 2 rep	Repeat once	Repeat once
		L sit 8s 2 rep		Repeat once
	Thursday	L sit 5s-10s 2 rep	Repeat once	Repeat once
		L sit 8s 2 rep		Repeat once
	Friday	L sit 5s-10s 2 rep	Repeat once	Repeat once
		L sit 8s 2 rep		Repeat once
	Saturday	L sit 5s-10s 2 rep	Repeat once	Repeat once
		L sit 8s 2 rep		Repeat once
	Sunday	Rest	Rest	Rest

week 8

Week 8	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	L sit – Hips forward 5s	Repeat once	Repeat once
	Tuesday	L sit – Hips forward 5s	Repeat once	Repeat once
	Wednesday	L sit – Hips forward 5s	Repeat once	Repeat once
	Thursday	L sit – Hips forward 5s	Repeat once	Repeat once
	Friday	L sit – Hips forward 5s	Repeat once	Repeat once
	Saturday	L sit – Hips forward 5s	Repeat once	Repeat once
	Sunday	Rest	Rest	Rest

week 9

Week 9	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	L sit Hips forward 5s 2reps	Repeat once	Repeat once
	Tuesday	L sit Hips forward 5s 2reps	Repeat once	Repeat once
	Wednesday	L sit Hips forward 5s 2reps	Repeat once	Repeat once
	Thursday	L sit Hips forward 5s 2reps	Repeat once	Repeat once
	Friday	L sit Hips forward 5s 2reps	Repeat once	Repeat once
	Saturday	L sit Hips forward 5s 2reps	Repeat once	Repeat once
	Sunday	Rest	Rest	Rest

week 10

Week 10	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	L sit – Hips forward 5s 3 reps	Repeat once	Repeat once
	Tuesday	L sit – Hips forward 5s 3 reps	Repeat once	Repeat once
	Wednesday	L sit – Hips forward 5s 3 reps	Repeat once	Repeat once
	Thursday	L sit – Hips forward 5s 3 reps	Repeat once	Repeat once
	Friday	L sit – Hips forward 5s 3 reps	Repeat once	Repeat once
	Saturday	L sit – Hips forward 5s 3 reps	Repeat once	Repeat once
	Sunday	Rest	Rest	Rest

week 11

Week 11	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	L sit – Hips forward 8s 3 reps	Repeat once	Repeat once
	Tuesday	L sit – Hips forward 8s 3 reps	Repeat once	Repeat once
	Wednesday	L sit – Hips forward 8s 3 reps	Repeat once	Repeat once
	Thursday	L sit – Hips forward 8s 3 reps	Repeat once	Repeat once
	Friday	L sit – Hips forward 8s 3 reps	Repeat once	Repeat once
	Saturday	L sit – Hips forward 8s 3 reps	Repeat once	Repeat once
	Sunday	Rest	Rest	Rest

week 12

Week 12	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	L sit – Hips forward 10s 3 reps	Repeat once	Repeat once
	Tuesday	L sit – Hips forward 10s 3 reps	Repeat once	Repeat once
	Wednesday	L sit – Hips forward 10s 3 reps	Repeat once	Repeat once
	Thursday	L sit – Hips forward 10s 3 reps	Repeat once	Repeat once
	Friday	L sit – Hips forward 10s 3 reps	Repeat once	Repeat once
	Saturday	L sit – Hips forward 10s 3 reps	Repeat once	Repeat once
	Sunday	Rest	Rest	Rest

Sheet13

Week 13	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	L sit – raised tuck sit 3 reps	Repeat once	
	Tuesday	L sit – raised tuck sit 3 reps	Repeat once	
	Wednesday	L sit – raised tuck sit 3 reps	Repeat once	
	Thursday	L sit – raised tuck sit 3 reps	Repeat once	
	Friday	L sit – raised tuck sit 3 reps	Repeat once	
	Saturday	L sit – raised tuck sit 3 reps	Repeat once	
	Sunday	Rest	Rest	Rest

Sheet14

Week 14	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	L sit – raised tuck sit 3 reps	Repeat once	Repeat once
	Tuesday	L sit – raised tuck sit 3 reps	Repeat once	Repeat once
	Wednesday	L sit – raised tuck sit 3 reps	Repeat once	Repeat once
	Thursday	L sit – raised tuck sit 3 reps	Repeat once	Repeat once
	Friday	L sit – raised tuck sit 3 reps	Repeat once	Repeat once
	Saturday	L sit – raised tuck sit 3 reps	Repeat once	Repeat once
	Sunday	Rest	Rest	Rest

Sheet15

Week 15	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
	Tuesday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
	Wednesday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
	Thursday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
	Friday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
	Saturday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
	Sunday	Rest	Rest	Rest

Sheet16

Week 16	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
	Tuesday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
	Wednesday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
	Thursday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
	Friday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
	Saturday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
	Sunday	Rest	Rest	Rest

Sheet17

Week 17	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 3 s		Repeat once
	Tuesday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 3 s		Repeat once
	Wednesday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 3 s		Repeat once
	Thursday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 3 s		Repeat once
	Friday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 3 s		Repeat once
	Saturday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 3 s		Repeat once
	Sunday	Rest	Rest	Rest

Sheet18

Week 18	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 3 s		Repeat once
	Tuesday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 3 s		Repeat once
	Wednesday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 3 s		Repeat once
	Thursday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 3 s		Repeat once
	Friday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 3 s		Repeat once
	Saturday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 3 s		Repeat once
	Sunday	Rest	Rest	Rest

Sheet19

Week 19	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 5 s		Repeat once
	Tuesday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 5 s		Repeat once
	Wednesday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 5 s		Repeat once
	Thursday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 5 s		Repeat once
	Friday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 5 s		Repeat once
	Saturday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 5 s		Repeat once
	Sunday	Rest	Rest	Rest

Sheet20

Week 20	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 5 s		Repeat once
	Tuesday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 5 s		Repeat once
	Wednesday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 5 s		Repeat once
	Thursday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 5 s		Repeat once
	Friday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 5 s		Repeat once
	Saturday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 5 s		Repeat once
	Sunday	Rest	Rest	Rest

Sheet21

Week 21	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 5 s		Repeat once
	Tuesday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 5 s		Repeat once
	Wednesday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 5 s		Repeat once
	Thursday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 5 s		Repeat once
	Friday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 5 s		Repeat once
	Saturday	L sit – raised tuck sit 5 reps	Repeat once	Repeat once
		V sit – 5 s		Repeat once
	Sunday	Rest	Rest	Rest

Sheet22

Week 22	Days	Exercise stage	Morning – 7AM	Evening – 6 PM
	Monday	V sit 5s 2 reps	Repeat once	Repeat once
	Tuesday	V sit 5s 2 reps	Repeat once	Repeat once
	Wednesday	V sit 5s 2 reps	Repeat once	Repeat once
	Thursday	V sit 5s 2 reps	Repeat once	Repeat once
	Friday	V sit 5s 2 reps	Repeat once	Repeat once
	Saturday	V sit 5s 2 reps	Repeat once	Repeat once
	Sunday	Rest	Rest	Rest