

RESISTANCE EXERCISE PLAN

Choose 1 Push + 1 Pull + 1 Legs | 4-8 rounds | Stop 2–3 reps short of failure | 3–5 days/week

PUSH	PULL	LEGS	★ CORE (bonus)
Wall Push-up  https://www.youtube.com/results?search_query=Wall+Push-up+exercise+proper+form	Band Row  https://www.youtube.com/results?search_query=Band+Row+exercise+proper+form	Sit-to-Stand  https://www.youtube.com/results?search_query=Sit-to-Stand+exercise+proper+form	Plank  https://www.youtube.com/results?search_query=Plank+exercise+proper+form
Incline Push-up  https://www.youtube.com/results?search_query=Incline+Push-up+exercise+proper+form	Bodyweight Row  https://www.youtube.com/results?search_query=Bodyweight+Row+exercise+proper+form	Bodyweight Squat  https://www.youtube.com/results?search_query=Bodyweight+Squat+exercise+proper+form	Bridges  https://www.youtube.com/results?search_query=Bridges+exercise+proper+form
Band Chest Press  https://www.youtube.com/results?search_query=Band+Chest+Press+exercise+proper+form	Band Pulldown  https://www.youtube.com/results?search_query=Band+Pulldown+exercise+proper+form	Step-Up  https://www.youtube.com/results?search_query=Step-Up+exercise+proper+form	Leg Raises  https://www.youtube.com/results?search_query=Leg+Raises+exercise+proper+form
DB Bench Press  https://www.youtube.com/results?search_query=DB+Bench+Press+exercise+proper+form	DB Row  https://www.youtube.com/results?search_query=DB+Row+exercise+proper+form	Reverse Lunge  https://www.youtube.com/results?search_query=Reverse+Lunge+exercise+proper+form	Clamshell  https://www.youtube.com/results?search_query=Clamshell+exercise+proper+form
Overhead Press  https://www.youtube.com/results?search_query=Overhead+Press+exercise+proper+form	Face Pull  https://www.youtube.com/results?search_query=Face+Pull+exercise+proper+form	Goblet Squat  https://www.youtube.com/results?search_query=Goblet+Squat+exercise+proper+form	Crunches  https://www.youtube.com/results?search_query=Crunches+exercise+proper+form

*You can substitute any upper body, upper body pull, and leg exercise you like. The basic idea is an upper body push/pull + legs circuit.

**Try adding a core to the circuit at least 1-2 times per week. You may also substitute any core exercise you like.