EXERCISES FOR HIGH LEVEL	Exercise		Week 1	Week 2	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Core Exercises (when doing cardiovascular)	Side Bends	Sets	3	Sets	3	3	4	4	4	5	5	5	6	6	6
		Reps	8-10	Reps	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14
		Band	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple
	Seated Row	Sets	3	Sets	3	3	4	4	4	5	5	5	6	6	6
		Reps	8-10	Reps	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14
		Band	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple
	Trunk Twists	Sets	3	Sets	3	3	4	4	4	5	5	5	6	6	6
		Reps	8-10	Reps	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14
		Band	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple
Upper Body Exercises (session 1)	Elbow Flexion	Sets	3	Sets	3	3	4	4	4	5	5	5	6	6	6
		Reps	8-10	Reps	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14
		Band	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple
	Elbow Extension	Sets	3	Sets	3	3	4	4	4	5	5	5	6	6	6
		Reps	8-10	Reps	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14
		Band	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple
	Lateral Raise	Sets	3	Sets	3	3	4	4	4	5	5	5	6	6	6
		Reps	8-10	Reps	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14
		Band	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple
Upper Body Exercises (session 2)	Front Raise	Sets	3	Sets	3	3	4	4	4	5	5	5	6	6	6
		Reps	8-10	Reps	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14
		Band	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple
	Shoulder Flexion	Sets	3	Sets	3	3	4	4	4	5	5	5	6	6	6
		Reps	8-10	Reps	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14
		Band	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple
	Shoulder Extension	Sets	3	Sets	3	3	4	4	4	5	5	5	6	6	6
		Reps	8-10	Reps	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14
		Band	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple
Lower Body Exercises (session 1)	Hip Flexion (standing)	Sets	3	Sets	3	3	4	4	4	5	5	5	6	6	6
		Reps	8-10	Reps	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14
		Band	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple
	Hip Extension	Sets	3	Sets	3	3	4	4	4	5	5	5	6	6	6
		Reps	8-10	Reps	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14
		Band	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple
	Hip Abduction	Sets	3	Sets	3	3	4	4	4	5	5	5	6	6	6
		Reps	8-10	Reps	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14
		Band	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple
	Hip Adduction	Sets	3	Sets	3	3	4	4	4	5	5	5	6	6	6
		Reps	8-10	Reps	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14
		Band	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple
Lower Body Exercises (session 2)	Knee Extension (sitting)	Sets	3	Sets	3	3	4	4	4	5	5	5	6	6	6
		Reps	8-10	Reps	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14
		Band	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple
	Knee Flexion (sitting)	Sets	3	Sets	3	3	4	4	4	5	5	5	6	6	6
		Reps	8-10	Reps	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14
		Band	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple
	Squat	Sets	3	Sets	3	3	4	4	4	5	5	5	6	6	6
		Reps	8-10	Reps	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14
		Band	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple
	Quick Kicks	Sets	3	Sets	3	3	4	4	4	5	5	5	6	6	6
		Reps	8-10	Reps	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14	8-10	10-12	12-14
		Band	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple	Purple