



SURVIVE THE UNDERGROUND

WELCOME TO THE UNDERCITY

ABOUT ME

ASHLEY

HEY THERE, FELLOW ADVENTURER! I'M YOUR GO-TO FITNESS TRAINER WITH A FLAIR FOR THE FANTASTICAL, BLENDING SWEAT SESSIONS WITH A SPLASH OF STORYTELLING TO MAKE FITNESS FEEL LIKE AN EPIC QUEST. AS A CERTIFIED PERSONAL TRAINER, FANTASY LOVER, AND CREATIVE SPIRIT, I'VE CRAFTED A UNIQUE APPROACH THAT MAKES WORKING OUT AS THRILLING AS SLAYING DRAGONS (OR, YOU KNOW, CONQUERING MONDAY BLUES).

LIFE'S A CHAOTIC MASTERPIECE FOR THIS AUTISM AND ALLERGY MAMA, JUGGLING FAMILY, FITNESS, AND A LOVE FOR ALL THINGS MAGICAL. WHEN I'M NOT IN THE GYM, I'M DIVING INTO BOOKS, REIMAGINING OLD FURNITURE, CREATING ART, OR LOSING MYSELF IN MUSIC. MY TRAINING PHILOSOPHY? FITNESS ISN'T ONE-SIZE-FITS-ALL—IT'S ABOUT FINDING WHAT WORKS FOR YOU. TOGETHER, WE'LL UNCOVER YOUR INNER STRENGTH AND MAKE HEALTHY LIVING SOMETHING YOU GENUINELY ENJOY.

LET'S REWRITE THE RULES, MAKE FITNESS MAGICAL, AND BECOME THE STRONG, FEARLESS PROTAGONISTS OF OUR LIVES. READY TO START YOUR JOURNEY? LET'S LEVEL UP TOGETHER!



WELCOME TO THE UNDERCITY

WELCOME TO THE ARCANES-INSPIRED FITNESS CHALLENGE! GET READY TO CHANNEL THE STRENGTH OF VI, THE PRECISION OF CAITLYN, THE CHAOS OF JINX, AND MORE—ALL WHILE TONING AND STRENGTHENING YOUR BODY. EACH WEEK IS DESIGNED TO REFLECT THE TRAITS OF ARCANES'S ICONIC CHARACTERS, FOCUSING ON FUNCTIONAL FITNESS, BALANCE, ENDURANCE, AND POWER. THIS MEDIUM-DIFFICULTY PROGRAM IS PERFECT FOR ANYONE LOOKING TO:

- SCULPT AND TONE MUSCLES.
- BUILD FUNCTIONAL STRENGTH AND EXPLOSIVE POWER.
- IMPROVE BALANCE, AGILITY, AND ENDURANCE.
- HAVE FUN WHILE WORKING OUT LIKE YOUR FAVORITE ARCANES LEGENDS!

WE'VE ADDED ALTERNATIVES FOR THE BALANCE BOARD EXERCISES, MAKING THIS PROGRAM ACCESSIBLE EVEN IF YOU DON'T HAVE ONE HANDY. LET'S JUMP INTO THIS ADVENTURE WITH A PROGRAM THAT'S EFFECTIVE, EXCITING, AND INSPIRED BY THE MOST DYNAMIC CHAMPIONS OF PILTOVER AND ZAUN!

NOTES FOR ALL WEEKS:

1. BALANCE ALTERNATIVE: REPLACE BOSU EXERCISES WITH STEP-UPS, LATERAL BOUNDS, OR DUMBBELL MOVEMENTS ON A STABLE SURFACE.
2. FUN TWIST: USE PLAYLISTS INSPIRED BY ARCANES OR IMAGINE YOURSELF IN A SCENE WITH EACH CHARACTER.
3. WARM-UP: ALWAYS BEGIN WITH A 5-MINUTE WARM-UP (LIGHT JOGGING OR DYNAMIC STRETCHES).
4. COOL-DOWN: SPEND 5-10 MINUTES STRETCHING TO IMPROVE RECOVERY.
5. THIS ORDER IS JUST A SUGGESTION, IT CAN BE DONE IN AN ORDER THAT SUITS YOUR LIFE BETTER IF YOU WANT.
6. IF YOU DO NOT KNOW A MOVE, A QUICK GOOGLE SEARCH SHOULD BE ALL YOU NEED BUT FEEL FREE TO REACH OUT TO ME AS WELL.

PROGRAM STRUCTURE OVERVIEW

1. WEEK 1 (VI) – STRENGTH & FOUNDATIONAL POWER (BASE BUILDING).
2. WEEK 2 (JINX) – SPEED, AGILITY, AND EXPLOSIVE POWER (FUNCTIONAL ATHLETICISM).
3. WEEK 3 (CAITLYN) – ENDURANCE, STABILITY, AND CORE CONTROL (ENDURANCE AND PRECISION).
4. WEEK 4 (MEL) – MOBILITY AND FLUIDITY (BALANCE AND FLEXIBILITY).

PROGRAM LOGIC & FLOW

THIS APPROACH ENSURES THAT EACH CHARACTER'S WORKOUT COMPLEMENTS THE NEXT. FOR EXAMPLE:

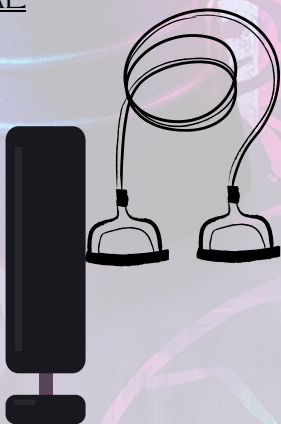
- VI AND JINX BOTH BUILD POWER, BUT JINX INTRODUCES EXPLOSIVENESS.
- CAITLYN THEN FOCUSES ON ENDURANCE AND PRECISION, SETTING UP FOR MEL'S MORE FLUID MOVEMENTS.

THIS STRUCTURE PROGRESSES LOGICALLY AND EFFICIENTLY, HELPING YOU BUILD AND REFINE ALL ASPECTS OF ATHLETIC PERFORMANCE WHILE EMBODYING THE ESSENCE OF EACH ARCANES CHARACTER

TO BE NOTED, EACH WEEK THERE IS AN ACTIVE RECOVERY DAY AND A FULL ON REST DAY. THE DAY OF THE WEEK DEPENDS ON YOU.

EQUIPMENT

OPTIONAL



NEEDED



WEEKLY FOCUS



WEEK 1 FOCUSES ON BUILDING VI-INSPIRED STRENGTH AND AGILITY. LEG AND CORE DAYS TARGET EXPLOSIVE LOWER BODY POWER AND CORE STABILITY, WHILE UPPER BODY DAYS DEVELOP SHOULDER, BACK, AND ARM STRENGTH WITH ADDED CORE CONTROL. EXPLOSIVE POWER AND PUNCHING-FOCUSED WORKOUTS ENHANCE SPEED, ENDURANCE, AND COORDINATION, EMPHASIZING FUNCTIONAL, HIGH-ENERGY MOVEMENTS. A FULL-BODY STRENGTH SESSION BALANCES UPPER, LOWER, AND CORE ENGAGEMENT FOR TOTAL-BODY POWER. ACTIVE RECOVERY AND REST DAYS PRIORITIZE MOBILITY, FLEXIBILITY, AND MUSCLE REPAIR, ENSURING SUSTAINED PROGRESS AND READINESS FOR THE WEEK AHEAD.



WEEK 2 FOCUSES ON JINX-INSPIRED CHAOS AND UNPREDICTABILITY, BLENDING POWER, ENDURANCE, AND COORDINATION. CARDIO AND COORDINATION DAYS IMPROVE AGILITY AND STAMINA WITH DYNAMIC, HIGH-ENERGY MOVEMENTS. STRENGTH AND CHAOS WORKOUTS COMBINE HEAVY LIFTING WITH EXPLOSIVE ACTIONS FOR FULL-BODY ENGAGEMENT. EXPLOSIVE MOVEMENT SESSIONS TARGET SPEED, POWER, AND BALANCE, WHILE CARDIO CHAOS MAXIMIZES ENDURANCE AND FAT-BURNING. FULL-BODY CONDITIONING BALANCES STRENGTH AND AGILITY FOR WELL-ROUNDED FITNESS. ACTIVE RECOVERY AND REST DAYS PROMOTE FLEXIBILITY, RELAXATION, AND RECOVERY TO MAINTAIN PROGRESS AMID JINX'S SPIRITED INTENSITY.



WEEK 3 CENTERS ON CAITLYN'S PRECISION AND ENDURANCE, FOCUSING ON BALANCE, CONTROL, AND STRENGTH. LOWER BODY AND STABILITY WORKOUTS TARGET GLUTES, QUADS, AND HAMSTRINGS WHILE ENHANCING BALANCE. UPPER BODY AND CORE DAYS BUILD SHOULDER, ARM, AND BACK STRENGTH WITH CORE ENGAGEMENT FOR POSTURE AND CONTROL. CARDIO AND ENDURANCE SESSIONS IMPROVE STAMINA AND OVERALL FITNESS, WHILE LEG AND CORE PRECISION FOCUSES ON ALIGNMENT AND STRENGTH. FULL-BODY CIRCUITS COMBINE POWER AND ENDURANCE FOR TOTAL-BODY FUNCTIONALITY. RECOVERY AND MOBILITY DAYS IMPROVE FLEXIBILITY AND BALANCE, WHILE REST ENSURES REJUVENATION AND READINESS.



WEEK 4 DRAWS INSPIRATION FROM MEL'S ELEGANCE AND POISE, FOCUSING ON BALANCE, CONTROL, AND FLUIDITY. BALANCE AND LOWER BODY WORKOUTS BUILD STRENGTH AND STABILITY IN THE GLUTES, QUADS, AND HAMSTRINGS. CARDIO AND ENDURANCE DAYS IMPROVE STAMINA AND PROMOTE GRACEFUL MOVEMENT. AGILITY AND GRACE SESSIONS EMPHASIZE COORDINATION, PRECISION, AND MOBILITY, WHILE STRENGTH AND FLOW COMBINE POWER WITH FLUID, CONTROLLED MOVEMENTS. FULL-BODY GRACE INTEGRATES STRENGTH, AGILITY, AND BALANCE FOR TOTAL-BODY REFINEMENT. STRETCH AND FLOW ENHANCE FLEXIBILITY AND RECOVERY, WITH REST ALLOWING FOR REJUVENATION AND MENTAL CLARITY.



UNDERSTANDING YOUR BODY'S NEEDS AND FUELING YOUR WELL-BEING

MACROS BASICS + TRACKING

- **CARBOHYDRATES:** AIM TO CONSUME COMPLEX CARBOHYDRATES FROM WHOLE GRAINS, FRUITS, VEGETABLES, AND LEGUMES. THESE PROVIDE SUSTAINED ENERGY, FIBER FOR DIGESTION, AND ESSENTIAL VITAMINS AND MINERALS. LIMIT REFINED CARBOHYDRATES LIKE WHITE BREAD, SUGARY SNACKS, AND PROCESSED FOODS.
- **PROTEINS:** INCLUDE LEAN SOURCES OF PROTEIN IN YOUR DIET SUCH AS POULTRY, FISH, TOFU, LEGUMES, AND LOW-FAT DAIRY PRODUCTS. PROTEIN IS ESSENTIAL FOR MUSCLE REPAIR AND GROWTH, IMMUNE FUNCTION, AND HORMONE REGULATION. AIM FOR A BALANCE OF ANIMAL AND PLANT-BASED PROTEINS.
- **FATS:** CHOOSE HEALTHY FATS FROM SOURCES LIKE AVOCADOS, NUTS, SEEDS, OLIVE OIL, AND FATTY FISH. THESE FATS PROVIDE ESSENTIAL FATTY ACIDS, SUPPORT BRAIN HEALTH, AND AID IN NUTRIENT ABSORPTION. LIMIT SATURATED AND TRANS FATS FOUND IN FRIED FOODS, PROCESSED SNACKS, AND FATTY MEATS.
- **PORTION CONTROL:** PAY ATTENTION TO PORTION SIZES TO AVOID OVEREATING. FOCUS ON EATING UNTIL YOU'RE SATISFIED, NOT OVERLY FULL. USE VISUAL CUES LIKE THE SIZE OF YOUR PALM OR A DECK OF CARDS TO GAUGE APPROPRIATE PORTION SIZES FOR PROTEIN, AND FILL THE REST OF YOUR PLATE WITH COLORFUL FRUITS AND VEGETABLES.

BY FOLLOWING THESE GUIDELINES AND INCORPORATING A VARIETY OF COLORFUL FOODS INTO YOUR DIET, YOU CAN OPTIMIZE YOUR NUTRIENT INTAKE, SUPPORT YOUR OVERALL HEALTH, AND ENJOY A DELICIOUS AND VIBRANT ARRAY OF MEALS!

PLATE METHOD:

THE PLATE METHOD IS A SIMPLE AND EFFECTIVE TOOL FOR BUILDING BALANCED MEALS AND MANAGING PORTION SIZES. IT INVOLVES VISUALLY DIVIDING YOUR PLATE INTO DIFFERENT SECTIONS TO ENSURE THAT YOU'RE GETTING THE RIGHT PROPORTIONS OF NUTRIENTS FROM EACH FOOD GROUP. HERE ARE THE BASICS OF THE PLATE METHOD:

- MENTALLY DIVIDE YOUR PLATE INTO SECTIONS:
- FILL HALF OF YOUR PLATE WITH NON-STARCHY VEGETABLES.
- RESERVE ONE-QUARTER OF YOUR PLATE FOR LEAN PROTEIN.
- USE THE REMAINING QUARTER FOR WHOLE GRAINS OR STARCHY VEGETABLES.
- OPTIONALLY, ADD A SERVING OF FRUIT ON THE SIDE.
- REPEAT IF STILL HUNGRY.

I FIND THIS TO BE AN EASIER THAN HARDCORE TRACKING FOOD

MEASUREMENT TRACKER

BEFORE

AFTER

WEIGHT _____

DATE _____

WEIGHT _____

DATE _____

RIGHT
ARM _____

RIGHT
ARM _____

LEFT
ARM _____

LEFT
ARM _____

CHEST _____

CHEST _____

WAIST _____

WAIST _____

HIPS _____

HIPS _____

RIGHT
THIGH _____

RIGHT
THIGH _____

LEFT
THIGH _____

LEFT
THIGH _____

RIGHT
CALF _____

RIGHT
CALF _____

LEFT
CALF _____

LEFT
CALF _____

NOTES

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-
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WARM UP & COOL DOWN

FULL-BODY WARM-UP (5-8 MINUTES)

GET YOUR BODY READY FOR ACTION WITH THESE
DYNAMIC MOVES:

1. JUMPING JACKS (30 SECONDS)
2. ARM SWINGS (30 SECONDS)
3. BODYWEIGHT SQUATS (10 REPS)
4. WORLD'S GREATEST STRETCH (3 REPS PER SIDE)
5. HIGH KNEES OR MARCHING IN PLACE (30 SECONDS)
6. PLANK TO DOWNWARD DOG (6 REPS)

FULL-BODY COOL-DOWN (5-8 MINUTES)

HELP YOUR MUSCLES RECOVER WITH THESE GENTLE
STRETCHES:

1. SEATED FORWARD FOLD (30 SECONDS)
2. COBRA STRETCH (30 SECONDS)
3. CHILD'S POSE (30 SECONDS)
4. SIDE STRETCH (30 SECONDS PER SIDE)
5. FIGURE-FOUR STRETCH (30 SECONDS PER SIDE)
6. DEEP BREATHING (1 MINUTE)

WEEK 1: VI-

LEGS & CORE

STRENGTH & POWER

VI'S WORKOUT IS DESIGNED TO CAPTURE VI'S ESSENCE FROM ARCANES BY EMPHASIZING RAW STRENGTH, RESILIENCE, AND EXPLOSIVE POWER — MUCH LIKE HER CHARACTER

- **DUMBBELL GOBLET SQUATS:** (3X8-12)
 - HOLD A DUMBBELL CLOSE TO YOUR CHEST WITH BOTH HANDS. SQUAT DOWN, KEEPING YOUR CHEST UP AND KNEES BEHIND YOUR TOES, THEN RETURN TO STANDING.
- **BULGARIAN SPLIT SQUATS:** (3X8 PER LEG)
 - STAND WITH ONE FOOT ELEVATED BEHIND YOU ON A BENCH OR STEP. LOWER YOUR BACK KNEE TOWARDS THE GROUND, KEEPING YOUR FRONT KNEE ALIGNED WITH YOUR TOES. PUSH THROUGH YOUR FRONT HEEL TO RETURN TO STANDING.
- **ROMANIAN DEADLIFTS:** (3X12)
 - STAND WITH YOUR FEET HIP-WIDTH APART, HOLDING A DUMBBELL IN EACH HAND IN FRONT OF YOUR THIGHS. HINGE AT YOUR HIPS, LOWERING THE WEIGHTS TOWARDS THE FLOOR WHILE KEEPING A SLIGHT BEND IN YOUR KNEES. RETURN TO STANDING.
- **RESISTANCE BAND LATERAL WALKS:** (3X12 STEPS PER SIDE)
 - PLACE A RESISTANCE BAND AROUND YOUR THIGHS OR ANKLES, SQUAT SLIGHTLY, AND STEP SIDE-TO-SIDE, KEEPING YOUR TENSION ON THE BAND.
- **TREADMILL INCLINE WALK** (15 MINUTES)
 - WALK AT A BRISK PACE ON A TREADMILL SET TO A CHALLENGING INCLINE.
 - ALTERNATIVE: OUTDOOR UPHILL WALK (FIND A HILL OR INCLINE TO WALK ON FOR 15 MINUTES).

WEEK 1: VI-

UPPER BODY & CORE

- **DUMBBELL SHOULDER PRESS:** (4x10)
 - START WITH DUMBBELLS AT SHOULDER HEIGHT, PALMS FORWARD. PRESS THEM OVERHEAD UNTIL ARMS ARE STRAIGHT, THEN SLOWLY RETURN TO START.
- **RESISTANCE BAND ROWS:** (4x10)
 - SECURE THE BAND AT WAIST HEIGHT, HOLD HANDLES WITH PALMS FACING IN, AND STEP BACK TO CREATE TENSION. PULL THE BAND TO YOUR TORSO, SQUEEZING YOUR SHOULDER BLADES, THEN RELEASE SLOWLY.
 - ALTERNATIVE: DUMBBELL BENT-OVER ROWS
- **DUMBBELL CHEST PRESS:** (3x12)
 - LIE FLAT ON A BENCH OR THE FLOOR, HOLDING A DUMBBELL IN EACH HAND AT CHEST LEVEL. PRESS THE DUMBBELLS UP UNTIL YOUR ARMS ARE FULLY EXTENDED, THEN LOWER BACK DOWN.
- **DUMBBELL ARNOLD PRESS:** (3x12)
 - HOLD A DUMBBELL IN EACH HAND AT SHOULDER HEIGHT WITH YOUR PALMS FACING YOUR BODY. AS YOU PRESS THE DUMBBELLS OVERHEAD, ROTATE YOUR PALMS FORWARD. LOWER BACK DOWN, REVERSING THE MOVEMENT.
- **BICEP CURLS (4x12)**
 - HOLD A DUMBBELL IN EACH HAND, ARMS FULLY EXTENDED BY YOUR SIDES, PALMS FACING FORWARD. CURL THE WEIGHTS TOWARD YOUR SHOULDERS, THEN LOWER THEM BACK DOWN SLOWLY.
- **WALL PUNCHING BAG/ SHADOW BOXING :** (3 ROUNDS OF 1-MINUTE CONTROLLED PUNCHES)
 - PERFORM CONTROLLED, FAST PUNCHES ON A PUNCHING BAG OR TARGET FOR 1 MINUTE. FOCUS ON MAINTAINING GOOD FORM AND A CONSISTENT RHYTHM.

WEEK 1: VI-

EXPLOSIVE POWER

- **KETTLEBELL SWINGS:** (4 SETS OF 10)
 - STAND WITH FEET SHOULDER-WIDTH APART, HOLDING A KETTLEBELL WITH BOTH HANDS. SWING THE KETTLEBELL BETWEEN YOUR LEGS, THEN EXPLOSIVELY THRUST YOUR HIPS FORWARD TO SWING THE KETTLEBELL UP TO SHOULDER HEIGHT.
- **BOX JUMPS:** (4 SETS OF 10)
 - STAND IN FRONT OF A STURDY BOX OR PLATFORM. JUMP ONTO THE BOX, LANDING SOFTLY WITH YOUR KNEES SLIGHTLY BENT. STEP BACK DOWN AND REPEAT.
- **RESISTANCE BAND PUNCHES WITH SQUAT:** (3 SETS OF 10 PER SIDE)
 - STAND WITH YOUR FEET SHOULDER-WIDTH APART AND A RESISTANCE BAND AROUND YOUR LEGS. PERFORM A SQUAT, AND AS YOU COME UP, THROW A PUNCH (RIGHT, LEFT, RIGHT, ETC.) WITH ALTERNATING ARMS.
- **JUMPING LUNGES:** (3 SETS OF 10 PER LEG)
 - START IN A LUNGE POSITION, THEN EXPLOSIVELY JUMP, SWITCHING LEGS MID-AIR, AND LAND IN A LUNGE ON THE OTHER SIDE.
- **SPRINT INTERVALS ON TREADMILL:** (6 ROUNDS OF 60 SECONDS ON, 30 SECONDS REST)
 - SPRINT AT MAXIMUM EFFORT FOR 30 SECONDS, FOLLOWED BY 1 MINUTE OF WALKING OR SLOW JOGGING TO RECOVER.

WEEK 1: VI-

PUNCHING FOCUS

WALL PUNCHING BAG DRILLS:

- **ROUND 1: 2 MINUTES OF FAST PUNCHES**
 - THROW PUNCHES QUICKLY, FOCUSING ON SPEED (JAB, CROSS) WITHOUT FULL POWER. KEEP YOUR STANCE STEADY AND MAINTAIN A FAST RHYTHM.
- **ROUND 2: 1 MINUTE ALTERNATING FRONT KICKS (30 SEC PER SIDE)**
 - FROM A STANDING POSITION, LIFT ONE KNEE, THEN EXTEND YOUR FOOT FORWARD INTO A FRONT KICK. ALTERNATE LEGS EVERY 30 SECONDS. ENGAGE YOUR CORE FOR STABILITY.
- **ROUND 3: 2 MINUTES ALTERNATING JABS AND CROSSES**
 - THROW A JAB WITH YOUR LEAD HAND, FOLLOWED BY A CROSS WITH YOUR REAR HAND. KEEP A STEADY RHYTHM AND FOCUS ON FLUID TRANSITIONS BETWEEN PUNCHES.
- **ROUND 4: 1 MINUTE OF MAX-EFFORT HOOKS**
 - THROW POWERFUL HOOKS WITH BOTH HANDS, ROTATING YOUR BODY FOR FULL ENGAGEMENT. AIM FOR MAXIMAL EFFORT ON EACH HOOK WHILE KEEPING YOUR FORM CONTROLLED.
- **ROUND 5: 1 MINUTE ALTERNATING SIDE KICKS**
 - STAND WITH YOUR FEET SHOULDER-WIDTH APART. LIFT ONE KNEE, THEN EXTEND YOUR LEG SIDEWAYS INTO A SIDE KICK. ALTERNATE LEGS THROUGHOUT THE ROUND. KEEP YOUR CORE TIGHT FOR BALANCE.
- **DUMBBELL SIDE PLANK ROTATIONS: (2 SETS OF 10 PER SIDE)**
 - HOLD A DUMBBELL WITH A DUMBBELL IN YOUR TOP HAND. EXTEND THE ARM OVERHEAD, THEN ROTATE YOUR TORSO TO BRING THE DUMBBELL UNDER YOUR BODY. RETURN TO START.
 - ALTERNATIVE: SIDE PLANK REACH-UNDER (BODYWEIGHT)
- **DUMBBELL DEADLIFTS: (2 SETS OF 10)**
 - STAND WITH FEET HIP-WIDTH APART, GRIP A BARBELL OR WEIGHTS, AND KEEP YOUR BACK FLAT. PUSH THROUGH YOUR HEELS TO LIFT THE WEIGHT, STANDING TALL, THEN LOWER IT BACK WITH CONTROL.
- **ROTATING CHEST PRESS: (2 SETS OF 10)**
 - HOLD A DUMBBELL IN EACH HAND AND PRESS THEM DIRECTLY IN FRONT OF YOUR CHEST. AS YOU PRESS, ROTATE YOUR TORSO SLIGHTLY TO ONE SIDE, EXTENDING YOUR ARM FULLY. RETURN TO CENTER AND ALTERNATE SIDES.

WEEK 1: VI-

FULL BODY STRENGTH

- **SUMO SQUATS:** (4 SETS OF 10)
 - STAND WITH FEET WIDER THAN SHOULDER-WIDTH APART, TOES POINTING OUT. HOLD A DUMBBELL WITH BOTH HANDS IN FRONT OF YOU. LOWER YOUR HIPS TOWARD THE GROUND, KEEPING YOUR CHEST UP AND KNEES TRACKING OVER YOUR TOES. PUSH THROUGH YOUR HEELS TO RETURN TO STANDING.
- **DUMBBELL STEP-UPS:** (4 SETS OF 10 PER LEG)
 - STAND IN FRONT OF A BENCH OR ELEVATED SURFACE HOLDING A DUMBBELL IN EACH HAND. STEP ONE FOOT ONTO THE BENCH AND PRESS THROUGH YOUR HEEL TO LIFT YOUR BODY UP. STEP BACK DOWN AND REPEAT ON THE OTHER LEG.
- **CURTSY LUNGES:** (3 SETS OF 10 PER LEG)
 - STAND TALL WITH FEET HIP-WIDTH APART. STEP ONE LEG BEHIND YOU AT A DIAGONAL, CROSSING IT BEHIND THE OTHER LEG LIKE A CURTSY. LOWER INTO A LUNGE, THEN PUSH THROUGH THE FRONT HEEL TO RETURN TO STANDING.
- **TRICEP DIPS:** (3 SETS OF 10)
 - SIT ON A BENCH OR CHAIR, HANDS PLACED BESIDE YOUR HIPS. SLIDE YOUR HIPS OFF THE EDGE, LOWER YOUR BODY TOWARD THE FLOOR BY BENDING YOUR ELBOWS, THEN PRESS BACK UP TO STRAIGHTEN YOUR ARMS.
- **DUMBBELL HIP THRUST:** 3X10
 - SIT AGAINST A BENCH WITH A DUMBBELL ON YOUR HIPS. PUSH THROUGH YOUR HEELS TO LIFT YOUR HIPS UNTIL YOUR BODY FORMS A STRAIGHT LINE. LOWER WITH CONTROL
- **TREADMILL SPRINTS:** (6 ROUNDS OF 20 SECONDS SPRINT, 1-MINUTE REST)
 - SPRINT AT MAXIMUM EFFORT FOR 1 MINUTE , FOLLOWED BY 1 MINUTE OF WALKING OR LIGHT JOGGING TO RECOVER.

WEEK 1: VI-

ACTIVE RECOVERY

- **TREADMILL WALK:** 30 MINUTES
- **CAT-COW STRETCH:**
 - ON ALL FOURS, ARCH YOUR BACK (COW) ON INHALE, AND ROUND YOUR SPINE (CAT) ON EXHALE. HOLD 30 SEC PER LEG
- **HIP FLEXOR STRETCH:**
 - LUNGE WITH BACK KNEE ON THE FLOOR, PUSH HIPS FORWARD. 30 SEC PER LEG
- **SEATED FORWARD FOLD:**
 - SIT WITH LEGS STRAIGHT, REACH FORWARD TO YOUR FEET, KEEPING BACK FLAT. HOLD 30 SEC PER SIDE
- **CHEST OPENER STRETCH:**
 - CLASP HANDS BEHIND YOUR BACK, LIFT ARMS TO OPEN CHEST. 20-30 SECONDS.
- **FIGURE FOUR STRETCH:**
 - LIE ON BACK, CROSS ONE ANKLE OVER OPPOSITE KNEE, PULL LOWER LEG TOWARD CHEST. 30 SECONDS PER LEG.
- **CHILD'S POSE:**
 - SIT ON HEELS, STRETCH ARMS FORWARD, LOWER CHEST TO FLOOR. 1-2 MINUTES.
- **THORACIC SPINE ROTATION:**
 - SITTING, ROTATE UPPER BACK WHILE KEEPING HIPS STILL. 15-20 SECONDS PER SIDE.
- **STANDING QUAD STRETCH:**
 - STAND, GRAB ONE ANKLE, PULL TOWARD YOUR GLUTES. 20-30 SECONDS PER SIDE.
- **PIGEON POSE:**
 - FROM PLANK, BRING KNEE TOWARD WRIST, STRETCH HIPS. DURATION: 30 SECONDS - 1 MINUTE PER SIDE.

WEEK 1: VI-

REST & RECOVERY

OPTION 1: REST COMPLETELY TO ALLOW FULL RECOVERY.

OPTION 2: PERFORM LIGHT STRETCHING (E.G., HAMSTRING, QUAD, SHOULDER, AND NECK STRETCHES) OR FOAM ROLLING FOR 10-15 MINUTES TO RELIEVE TENSION.