



## WELL TOGETHER NOW © STRENGTH TRAINING Plan

Alternate Sessions A/B (3-4 weeks 1x each per week)

Record your info on this sheet to keep track of your progress.

Click on links for demos from the [WTN Video Library](#).

| SESSION A<br>DATE COMPLETED  | Week One                                  | Week Two                                  | Week Three                                | Week Four                                 |
|--|---|---|---|---|
| Warm Up<br>5-10 mins of light cardio<br>your choice or use the<br><a href="#">dynamic warm up menu</a> .   |   |   |   |   |
| Circuit 1:<br>Follow A-C 3x though<br>performing 10 reps each<br>A <a href="#">Squats</a><br>B <a href="#">Chest Press</a><br>C <a href="#">Triceps Kickback</a>   | Weight/Resistance:<br>A<br><br>B<br><br>C | Weight/Resistance:<br>A<br><br>B<br><br>C | Weight/Resistance:<br>A<br><br>B<br><br>C | Weight/Resistance:<br>A<br><br>B<br><br>C |
| Circuit 2:<br>Follow A-C 3x though<br>performing 10 reps each<br>A <a href="#">Forward Lunge</a><br>(10/side)<br>B <a href="#">Overhead Press</a><br>C <a href="#">Push Ups</a>  | Weight/Resistance:<br>A<br><br>B<br><br>C | Weight/Resistance:<br>A<br><br>B<br><br>C | Weight/Resistance:<br>A<br><br>B<br><br>C | Weight/Resistance:<br>A<br><br>B<br><br>C |
| Circuit 3:<br>Follow A-C 3x though<br>performing 30 reps each<br>A <a href="#">Plank</a> (30 sec hold)<br>B <a href="#">Toe Touch Crunch</a> (hold<br>medball or dumbbell if<br>desired)<br>C <a href="#">Bridge</a> (30 sec hold) | Weight/Resistance:<br>A<br><br>B<br><br>C | Weight/Resistance:<br>A<br><br>B<br><br>C | Weight/Resistance:<br>A<br><br>B<br><br>C | Weight/Resistance:<br>A<br><br>B<br><br>C |



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| SESSION B<br>DATE COMPLETED   | Week One                          | Week Two                          | Week Three                        | Week Four                         |
|---|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| Warm Up<br>5-10 mins of light cardio<br>your choice or use the<br><a href="#">dynamic warm up menu</a> .  |                                   |                                   |                                   |                                   |
| Circuit 1:<br>Follow A-C 3x though<br>performing 10 reps each<br>A <a href="#">Deadlift (dumbbells)</a><br>B <a href="#">Bicep Curl (dumbbells)</a><br>C <a href="#">3-Point Row</a>  | Weight/Resistance:<br>A<br>B<br>C | Weight/Resistance:<br>A<br>B<br>C | Weight/Resistance:<br>A<br>B<br>C | Weight/Resistance:<br>A<br>B<br>C |
| Circuit 2:<br>Follow A-C 3x though<br>performing 10 reps each<br>A <a href="#">Reverse Lunge (10/side)</a><br>B <a href="#">Lat Pull Over</a><br>C <a href="#">Upright Row</a>  | Weight/Resistance:<br>A<br>B<br>C | Weight/Resistance:<br>A<br>B<br>C | Weight/Resistance:<br>A<br>B<br>C | Weight/Resistance:<br>A<br>B<br>C |
| Circuit 3:<br>Follow A-C 3x though<br>performing 30 reps each<br>A <a href="#">Russian Twists</a> (opt:<br>medball or dumbbell)<br>B <a href="#">Sprinters</a><br>C <a href="#">Superman Progression</a><br>(10 ea: upper/lower/full) | Weight/Resistance:<br>A<br>B<br>C | Weight/Resistance:<br>A<br>B<br>C | Weight/Resistance:<br>A<br>B<br>C | Weight/Resistance:<br>A<br>B<br>C |