	Week 1 Day 1		eek 1 Day 2		Week 1 Day 3	
Exercise	Sets x Reps	Exercise	Sets x Reps	Exercise	Sets x Reps	
A. Single Leg Glute Bridge	4 x 15	Light Jog	30 Minutes	A. DB Front Raise (Light)	2 x 30	
A. Bulgarian Split Squat (DB)	4 x 15			A. DB Side Raise (Light)	2 x 30	
				A. DB Rear Fly (Light)	2 x 30	
B. High Box Step Up	4 x 15					
				B. Cable/Band Face Pull	4 x 15	
C. Dumbbell RDL	4 x 15			B. DB Chest Fly	4 x 15	
D. Barbell Back Squat	4 x 15			C. Barbell Bench Press	4 x 15	
E. Good Mornings	2 x 30			D. Dumbbell Kicks	8 x 7	
F. Reverse Hyper	2 x 30			E. Seated Incline DB Curls	3 x 20	
F. Calf Raises	2 x 30			E. Overhead Tricep Extension	3 x 20	
Tip: Complete each rep	o of each exercise w	rith control through the	prescribed range of r	notion		
Tip: Record weight use	ed per set per exerci	se				
Tip: If you have questic	ons about an exercis	se, ask. I am available	via all social media ou	tlets @coachdjtaylor		
Tip: Record notes throu	ughout the process					

Rule of 60 - Week 1

Week 1 Day 4		Week 1	Day 5	Week 1 Day 6		
Exercise	Sets x Reps	Exercise	Sets x Reps	Exercise	Sets x Reps	
Sprint	10 x 20 Yards	A. Scap Pushup	3 x 20	Light Jog	30 Minutes	
Sprint	10 x 10 Yards	A. Band Scap Pull Aparts	3 x 20		•	
		B. Body Weight Squat	3 x 20			
		B. Body Weight Lunge	3 x 20			
		C. Box Jumps	3 x 10			
		D. Pull Ups	20			
		E. Prowler/Sled Push	6 x 20 Yards			
		E. Db Farmers Carry	6 x 20 Yards			
		F. Back Extension	60			
Tip: Complete each	rep of each exercise w	vith control through the	prescribed range of	motion		
Tip: Record weight	used per set per exerci	se				
Tip: If you have que	stions about an exercis	se, ask. I am available v	via all social media o	utlets @coachdjtaylor		
Tip: Record notes t	nroughout the process					
Notes:						

Rule of 60 - Week 1

Week 2 Day 1		Week 2	2 Day 2	Week 2	Day 3
Exercise	Sets x Reps	Exercise	Sets x Reps	Exercise	Sets x Reps
A. Single Leg Glute Bridge	4 x 15	Light Jog	30 Minutes	A. DB Front Raise (Light)	2 x 30
A. Bulgarian Split Squat (DB)	4 x 15			A. DB Side Raise (Light)	2 x 30
				A. DB Rear Fly (Light)	2 x 30
B. High Box Step Up	4 x 15				
•				B. Cable/Band Face Pull	4 x 15
C. Dumbbell RDL	4 x 15			B. DB Chest Fly	4 x 15
D. Barbell Back Squat	4 x 15			C. Barbell Bench Press	4 x 15
E. Good Mornings	3 x 20			D. Dumbbell Kicks	8 x 7
F. Reverse Hyper	2 x 30			E. Seated Incline DB Curls	3 x 20
F. Calf Raises	2 x 30			E. Overhead Tricep Extension	3 x 20
Tip: Complete each r	ep of each exercise w	rith control through the	prescribed range of I	motion	
Tip: Record weight us	sed per set per exerci	se			
Tip: If you have quest	tions about an exercis	se, ask. I am available	via all social media ou	itlets @coachdjtaylor	
Tip: Record notes thr	oughout the process				

Rule of 60 - Week 2

Week 2 Day 4		Week 2	Day 5	Week 2 Day 6		
Exercise	Sets x Reps	Exercise	Sets x Reps	Exercise	Sets x Reps	
Sprint	10 x 20 Yards	A. Scap Pushup	3 x 20	Light Jog	30 Minutes	
Sprint	10 x 10 Yards	A. Band Scap Pull Aparts	3 x 20		•	
		B. Body Weight Squat	3 x 20			
		B. Body Weight Lunge	3 x 20			
		C. Box Jumps	3 x 10			
		D. Pull Ups	20			
		E. Prowler/Sled Push	6 x 20 Yards			
		E. Db Farmers Carry	6 x 20 Yards			
		F. Back Extension	60			
Tip: Complete each	n rep of each exercise w	vith control through the	prescribed range of	motion		
Tip: Record weight	used per set per exerc	ise				
Tip: If you have que	estions about an exercis	se, ask. I am available v	via all social media or	utlets @coachdjtaylor		
Tip: Record notes t	hroughout the process					
Notes:						

Rule of 60 - Week 2

Week 3 Day 1		Week	3 Day 2	Week 3 Day 3	
Exercise	Sets x Reps	Exercise	Sets x Reps	Exercise	Sets x Reps
A. Single Leg Glute Bridge	3 x 20	Light Jog	30 Minutes	A. Bent Over DB Row	3 x 20
A. Bulgarian Split Squat (DB)	3 x 20			A. DB Chest Fly	3 x 20
B. High Box Step Up	3 x20			B. DB High Pull	2 x 30
				B. DB Side Raise	2 x 30
C. Dumbbell RDL	3 x20			B. DB Rear Delt Fly	2 x 30
D. Barbell Back Squat	5 x 12			C. Barbell Bench Press	5 x 12
E. Good Mornings	4 x 15			D. Dumbbell Kicks	8 x 7
F. Reverse Hyper	3 x 20			E. Hammer Curls	2 x 30
F. Calf Raises	3 x 50			E. Tricep Pushdown	2 x 30
Tip: Complete each r	ep of each exercise w	ith control through the	e prescribed range of	motion	
Tip: Record weight us	sed per set per exerci	se			
Tip: If you have ques	tions about an exercis	e, ask. I am available	via all social media ou	itlets @coachdjtaylor	
Tip: Record notes thr	oughout the process				
Notes:					

Rule of 60 - Week 3

Week	Week 3 Day 4		Day 5	Week	3 Day 6
Exercise	Sets x Reps	Exercise	Sets x Reps	Exercise	Sets x Reps
Sprint	10 x 30 Yards	A. Scap Pushup	3 x 20	Light Jog	30 Minutes
		A. 3 Position Scap Pull Apart	3 x 20		
		B. Overhead Squat w/ PVC	3 x 20		
		B. 45 Degree Lunge	3 x 20		
				-	
		C. Box Jumps	5 x 10	-	
		D. Pull Ups	30	-	
		D. Full Ops		-	
		E. Prowler/Sled Push	6 x 30 Yards	-	
		E. Db Farmers Carry	6 x 30 Yards		
		F. Backward Sled Drag	5 Minute	-	
		Diag		-	
		G. Back Extension	60	1	
Tip: Complete each	rep of each exercise w	vith control through the	prescribed range of	motion	
ip: Record weight ι	used per set per exerc	se			
fip: If you have que	stions about an exercis	se, ask. I am available v	ria all social media ou	utlets @coachdjtaylor	
ip: Record notes th	roughout the process				

Rule of 60 - Week 3

Week 4 Day 1		Week 4	1 Day 2	Week 4	Day 3
Exercise	Sets x Reps	Exercise	Sets x Reps	Exercise	Sets x Reps
A. Single Leg Glute Bridge	3 x 20	Light Jog	30 Minutes	A. Bent Over DB Row	3 x 20
A. Bulgarian Split Squat (DB)	3 x 20			A. DB Chest Fly	3 x 20
B. High Box Step Up	3 x 20			B. DB High Pull	2 x 30
				B. DB Side Raise	2 x 30
C. Dumbbell RDL	3 x 20			B. DB Rear Delt Fly	2 x 30
D. Barbell Back Squat	5 x 12			C. Barbell Bench Press	5 x 12
E. Good Mornings	5 x 12			D. Dumbbell Kicks	8 x 7
F. Reverse Hyper	3 x 20			E. Hammer Curls	2 x 30
F. Calf Raises	3 x 50			E. Tricep Pushdown	2 x 30
Tip: Complete each r	ep of each exercise w	ith control through the	e prescribed range of I	motion	
Tip: Record weight us	sed per set per exerci	se			
Tip: If you have ques	tions about an exercis	se, ask. I am available	via all social media ou	itlets @coachdjtaylor	
Tip: Record notes thr	oughout the process				
Notes:					

Rule of 60 - Week 4

Week	4 Day 4	Week 4	Day 5	Week	4 Day 6
Exercise	Sets x Reps	Exercise	Sets x Reps	Exercise	Sets x Reps
Sprint	10 x 30 Yards	A. Scap Pushup	3 x 20	Light Jog	30 Minutes
	·	A. 3 Position Scap Pull Apart	3 x 20		
		B. Overhead Squat w/ PVC	3 x 20		
		B. 45 Degree Lunge	3 x 20		
				4	
		C. Box Jumps	5 x 10		
				4	
		D. Pull Ups	30	-	
				-	
		E. Prowler/Sled Push	6 x 30 Yards		
		E. Db Farmers Carry	6 x 30 Yards		
		F. Backward Sled Drag	5 Minute		
		r		-	
		G. Back Extension	60		
Tip: Complete each	rep of each exercise v	vith control through the	prescribed range of	motion	
	used per set per exerc				
ip: If you have ques	stions about an exerci	se, ask. I am available v	ia all social media ou	itlets @coachdjtaylor	
ip: Record notes th	roughout the process				

Rule of 60 - Week 4

Rule of 60 - Core - Days: 2, 4, & 6

Core Day 2		Core	Day 4	Day 4 Core Day 6	
Exercise	Sets x Reps	Exercise	Sets x Reps	Exercise	Sets x Reps
Crunch	3 x 20 sec	Sit Up	3 x 45 sec	V- Up	3 x 30 sec
Bird Dog	3 x 20 sec per side	Aquaman	3 x 20 sec	Dead Bug	3 x 45 sec
Russian Twist	3 x 20 sec	Heel Touch	3 x 20 sec	Flutter Kick	3 x 45 sec
	3 X 20 Sec		5 X 20 Sec		3 X 43 Sec
Plank	3 x 60 sec	6" Leg Hold	3 x 45 sec	Push Up Plank	3 x 60 sec
Toe Touch	Max Reps	Scissors	Max Reps	Superman Hold	Max Time
Tip: Complete eacl	n rep of each exercise wi	ith control through the	e prescribed range of r	motion	
Tip: Record weight	used per set per exercis	se			
Tip: If you have qu	estions about an exercis	e, ask. I am available	via all social media ou	itlets @coachdjtaylor	
Tip: Record notes	throughout the process				
•					