

Rule of 60 - Week 1

Week 1 Day 1		Week 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 of each exercise with control through the prescribed range of motion					
Tip: Record weight used per set per exercise					
Tip: If you have questions about an exercise, ask. I am available via all social media outlets @coachdjtaylor					
Tip: Record notes throughout the process					
Notes:					

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 with control through the prescribed range of motion					
Tip: Record weight used per set per exercise					
Tip: If you have questions about an exercise, ask. I am available via all social media outlets @coachdjtaylor					
Tip: Record notes throughout the process					
Notes:					

Rule of 60 - Week 2

Week 2 Day 1		Week 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 rep of each exercise with control through the prescribed range of motion					
Tip: Record weight used per set per exercise					
Tip: If you have questions about an exercise, ask. I am available via all social media outlets @coachdjtaylor					
Tip: Record notes throughout the process					
Notes:					

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 rep of each exercise with control through the prescribed range of motion					
Tip: Record weight used per set per exercise					
Tip: If you have questions about an exercise, ask. I am available via all social media outlets @coachdjtaylor					
Tip: Record notes throughout the process					
Notes:					

Rule of 60 - Week 3

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 rep of each exercise with control through the prescribed range of motion					
Tip: Record weight used per set per exercise					
Tip: If you have questions about an exercise, ask. I am available via all social media outlets @coachdjtaylor					
Tip: Record notes throughout the process					
Notes:					

Rule of 60 - Week 3

Week 3 Day 4		Week 3 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		
		E. Prowler/Sled Push	6 x 30 Yards		
		E. Db Farmers Carry	6 x 30 Yards		
		F. Backward Sled Drag	5 Minute		
		G. Back Extension	60		
Tip: Complete each rep of each exercise with control through the prescribed range of motion					
Tip: Record weight used per set per exercise					
Tip: If you have questions about an exercise, ask. I am available via all social media outlets @coachdjtaylor					
Tip: Record notes throughout the process					

Rule of 60 - Week 4

Week 4 Day 1		Week 4 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 rep of each exercise with control through the prescribed range of motion					
Tip: Record weight used per set per exercise					
Tip: If you have questions about an exercise, ask. I am available via all social media outlets @coachdjtaylor					
Tip: Record notes throughout 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		
		C. Box Jumps	5 x 10		
		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		
		G. Back Extension	60		
Tip: Complete each rep of each exercise with control through the prescribed range of motion					
Tip: Record weight used per set per exercise					
Tip: If you have questions about an exercise, ask. I am available via all social media outlets @coachdjtaylor					
Tip: Record notes throughout the process					

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

Core Day 2		Core 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
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 each rep of each exercise with control through the prescribed range of motion					
Tip: Record weight used per set per exercise					
Tip: If you have questions about an exercise, ask. I am available via all social media outlets @coachdjtaylor					
Tip: Record notes throughout the process					
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