



Day Of Week	Exercise	Sets	Reps/Time	Rest	
Monday	Band/Cable Side Bends	3	45s		
	Palloff Press Holds	3	45s/side	2 mins	Perform side bends/palloff press on same side, then switch sides, then rest
	Suicase Carry on Treadmill	1	6mins/side		
Tuesday	Band/Cable Side Bends	3	45s/side		
	Palloff Press Holds	3	45s/side	2 mins	Perform side bends/palloff press on same side, then switch sides, then rest
	Suicase Carry on Treadmill	1	6 mins/side		
Wednesday	Unsupported 3 Months Supine with Leg Differentiation	3	45s		
	Band/Cable Side Bends	3	45s/side		
	Palloff Press	3	45s/side	2 mins	Perform side bends/palloff press on same side, then switch sides, then rest
	Suicase Carry on Treadmill	1	6 mins/side		
Thursday	Unsupported 3 Months Supine with Leg Differentiation	3	45s		
	Band/Cable Side Bends	3	45s/side		
	Palloff Press	3	45s/side	2 mins	Perform side bends/palloff press on same side, then switch sides, then rest
	Suicase Carry on Treadmill	1	6 mins/side		
Friday	Unsupported 3 Months Supine with Leg Differentiation	3	45s		
	Band/Cable Side Bends	3	45s/side		
	Cable/Band Trunk Pull Across	3	45s/side	2 mins	Perform side bends/trunk pull across on same side, then switch sides, then rest
	Suicase Carry on Treadmill	1	8 mins/side		
Saturday	Unsupported 3 Months Supine with Leg Differentiation	3	45s		
	Band/Cable Side Bends	3	45s/side		
	Cable/Band Trunk Pull Across	3	45s/side	2 mins	Perform side bends/trunk pull across on same side, then switch sides, then rest
	Suicase Carry on Treadmill	1	8 mins/side		