



Day Of Week	Exercise	Sets	Reps/Time	Rest	
Monday	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	
	Cross Press	3/side	6	1 min	Perform 3 sets on one side, followed by 3 on the other
	Suicase Carry on Treadmill	1	8 mins/side		
Tuesday	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	
	Cross Press	3/side	6	1 min	Perform 3 sets on one side, followed by 3 on the other
	Suicase Carry on Treadmill	1	8 mins/side		
Wednesday	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	
	Chop Down	3/side	6	1 min	Perform 3 sets on one side, followed by 3 on the other
	Suicase Carry on Treadmill	1	8 mins/side		
Thursday	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	
	Chop Down	3/side	6	1 min	Perform 3 sets on one side, followed by 3 on the other
	Suicase Carry on Treadmill	1	10 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	
	Chop Up	3/side	6	1 min	Perform 3 sets on one side, followed by 3 on the other
	Suicase Carry on Treadmill	1	10 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	
	Chop Up	3/side	6	1 min	Perform 3 sets on one side, followed by 3 on the other
	Suicase Carry on Treadmill	1	10 mins/side		