

# WORKOUT CALENDAR

## PLUG PRESS PERFORM

### 10 WEEK SUPERSET WORKOUT SCHEDULE

30-60 seconds rest in between supersets

#### Features & Benefits

- Combines push ups with at-home cardio, plyometric, and abs/core exercises for a total body workout.
- Develops your chest, shoulders, back, triceps, and biceps
- Tones and sculpts your core and entire lower body including glutes.
- Improves strength, endurance, speed and agility.
- Builds strong lean muscles, burns calories and promotes weight loss.

#### 3 Challenging Workout Phases

(10 week Program)

##### 1. STAR UP Phase

(4 day workout for 3 weeks)

##### 2. REV UP Phase

(5 day workout for 3 weeks)

##### 3. EXPLOSION Phase

(5 day workout for 4 weeks)

#### Notes

- ✓ Maintain straight head/neck position.
- ✓ Keep shoulder down, back and stable.
- ✓ Keep hips in line with torso to properly engage your abs.
- ✓ Contract abs when doing push ups.
- ✓ Widen stance for better balance when doing inside push ups.
- ✓ Inhale on the way down. Exhale on the way up.
- ✓ Do not change hand/finger positions while doing push ups.
- ✓ Modified Push Ups: Knee Position (Beginner), Regular Position (Intermediate), Elevated Position (Advance).
- ✓ IMPORTANT: Work out at your own pace. Your workout time may vary depending on your fitness level.

#### STAR UP Phase (4 day workout for 3 weeks)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CHEST BACK	SHOULDERS TRICEPS	REST	BACK TRICEPS	SHOULDERS CHEST	REST	REST

#### REV UP Phase (5 day workout for 3 weeks)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POWER PRESS EXPLOSION	CHEST TRICEPS	SHOULDERS BACK	REST	POWER PRESS EXPLOSION	BACK TRICEPS	REST

#### EXPLOSION Phase (5 day workout for 4 weeks)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POWER PRESS EXPLOSION	CHEST SHOULDERS	REST	POWER PRESS EXPLOSION	BACK TRICEPS	POWER PRESS EXPLOSION	REST

WARNING: Sport training can result in serious or fatal injury. Risk of injury can be lessened when safe techniques and common sense are practiced. Do not exercise without proper instruction or supervision, or without first consulting your physician.

Always check equipment for worn or damaged parts before using. If any defects are found do not use this product.

## SUPERSET WORKOUT

30-60 seconds rest in between supersets



## CHEST

	#REPS	PLYO/CARDIO	#REPS	ABS	#REPS
OUTSIDE HORIZONTAL (C1)	10-12 or 15-20	FLOOR TO CEILING EXPLOSION	15	CRUNCHES	25
OUTSIDE DIAGONAL (C2)	10-12 or 15-20	BENT KNEE JACKS	25	BICYCLE	30
OUTSIDE VERTICAL (C3)	10-12 or 15-20	MOUNTAIN CLIMBERS	30	WINDSHIELD WIPERS	15 ea.side
OUTSIDE V-DIAGONAL (C4)	10-12 or 15-20	BURPEES	15	SIDE PLANK RAISES	15 ea.side
INSIDE V-DIAGONAL (C5)	10-12 or 15-20	HIGH KNEES	30	SIDE CRUNCHES	15 ea.side

## SHOULDERS

	#REPS	PLYO/CARDIO	#REPS	ABS	#REPS
INSIDE DIAGONAL (S1)	10-12 or 15-20	SKIER JUMPS	25	RUSSIAN TWIST	30

## BACK

	#REPS	PLYO/CARDIO	#REPS	ABS	#REPS
OUTSIDE HORIZONTAL (B1)	10-12 or 15-20	FLOOR TO CEILING EXPLOSION	15	CRUNCHES	25
INSIDE HORIZONTAL (B2)	10-12 or 15-20	SPLIT SQUATS	10 ea.side	HIP RAISES	25

## TRICEPS

	#REPS	PLYO/CARDIO	#REPS	ABS	#REPS
INSIDE HORIZONTAL (T1)	10-12 or 15-20	BURPEES	15	LEG CLIMBERS	15 ea.side
OUTSIDE DIAGONAL (T2)	10-12 or 15-20	CYCLE SPLIT LUNGES	30	KICKOUTS	25
INSIDE DIAGONAL (T3)	10-12 or 15-20	SKIER JUMPS	15	RUSSIAN TWIST	30

## EXPLOSION

(MIX & MATCH/MULTI-ANGLE)	#REPS	PLYO/CARDIO	#REPS	ABS	#REPS
LEFT C3(L) RIGHT B2(R)	10-12 or 15-20	HIGH KNEES	30	CROSSED LEG SITUPS/CRUNCHES	25
LEFT B2(L) RIGHT C3(R)	10-12 or 15-20	JUMP SQUATS	15	SIDE CRUNCHES	15 ea.side
LEFT C1(L) RIGHT B1(R)	10-12 or 15-20	MOUNTAIN CLIMBERS	30	LEG LIFTS	25
LEFT B1(L) RIGHT C1(R)	10-12 or 15-20	SPLIT SQUATS	15 ea.side	BICYCLE	30
LEFT B1(L) RIGHT C2(R)	10-12 or 15-20	BURPEES	15	KICKOUTS	25
LEFT C2(L) RIGHT B1(R)	10-12 or 15-20	SKIER JUMPS	25	RUSSIAN TWIST	30
LEFT B2(L) RIGHT S1(R)	10-12 or 15-20	JUMPING JACKS	25	HIP RAISES	25
LEFT S1(L) RIGHT B2(R)	10-12 or 15-20	TOE-RAISED SQUATS	15	SIDE PLANK RAISES	15 ea.side
LEFT S1(R) RIGHT C3(R)	10-12 or 15-20	BENT KNEE JACKS	25	TOE TOUCH CRUNCHES	25
LEFT C3(L) RIGHT S1(L)	10-12 or 15-20	FLOOR TO CEILING EXPLOSION	15	PLANK	30 secs

# SUPERSET WORKOUT

30-60 seconds rest in between supersets