

# 3-Month Progressive Weight Lifting Plan



**LEVEL 1** - Repeat every week for one month

<input checked="" type="checkbox"/> <b>EXAMPLE</b> <b>CARDIO</b> 20 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>CARDIO</b> 20 min MONDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>STRENGTH - LEVEL 1</b> 30 min TUESDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>ACTIVE REST</b> WEDNESDAY
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>CARDIO</b> 20 min THURSDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>STRENGTH - LEVEL 1</b> 30 min FRIDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>ACTIVE REST</b> SATURDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>CORE + FLEXIBILITY</b> 20 min SUNDAY

**LEVEL 2** - Repeat every week for one month

<input checked="" type="checkbox"/> <b>EXAMPLE</b> <b>CARDIO</b> 20 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>CARDIO</b> 30 min MONDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>STRENGTH - LEVEL 2</b> 30 min TUESDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>CORE + FLEXIBILITY</b> 30 min WEDNESDAY
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>CARDIO</b> 30 min THURSDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>STRENGTH - LEVEL 2</b> 30 min FRIDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>CARDIO</b> 30 min SATURDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>ACTIVE REST</b> SUNDAY

**LEVEL 3** - Repeat every week for one month

<input checked="" type="checkbox"/> <b>EXAMPLE</b> <b>CARDIO</b> 20 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>CARDIO</b> 40 min MONDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>STRENGTH - LEVEL 3</b> 30 min TUESDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>CORE + FLEXIBILITY</b> 30 min WEDNESDAY
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>CARDIO</b> 40 min THURSDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>STRENGTH - LEVEL 3</b> 30 min FRIDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>CARDIO</b> 40 min SATURDAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <b>ACTIVE REST</b> SUNDAY