

3X Method: Phase I

Warm-up for all of Phase I and II will be 30 seconds of Speed Jacks. These are performed before every workout and will get your body ready for the workout (to see this movement done properly, view video inside the “Area 3X” members area).

3X Method Phase I		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3	
Week 1															
A) Prisoner Squat	3x8-12														
**15-20 second rest between each set															
B) Pushups (do from knees if you need to)	3x8-12														
15-20 second rest between each set															
C) 45 Degree lat pull down	3x8-12														
15-20 second rest between each set															
D) Crunch (optional)	3x10-15														
		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3	
Week 2															
A) Jump squat	3x8-12														
15-20 second rest between each set															
B) T-pushups	3x8-12														
15-20 second rest between each set															
C) Band curl	3x8-12														
15-20 second rest between each set															
D) Isometric Ab curl (optional)	3x10 each side														

**Continue to take 15-20 second rest between every set for all workouts in Phase I as indicated above														
		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		

Week 3														
A) Spiderman pushup	3x10													
B) Stick em' up squat with stability ball	3x10													
C) Alternating crunch	3x15-20													
D) Rear deltoid raise (optional)	3x10													
		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		

Week 4														
A) Advanced Prisoner Squat	3x10													
B) Chest press w/resistance band	3x10													
C) Seated row w/band	3x10													
D) Side wiggle (optional)	3x10 15 on each side													
		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		

Week 5														
A) Stability Ball Pushup	3x12-15													
B) Plank	3x25 30 secs													
C) Stationary lunges	3x12 15 each side													
D) Reverse crunch (optional)	3x10-15													

		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3	
Week 6													
A) Squat & press w/band	3x10												
B) Decline pushup	3x8-10												
C) Beginner Russian twist	3x15-20												
D) 45 degree lat pull down (optional)	3x10												
		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3	
Week 7													
A) Alternating split squat (w/weight if needed)	3x10-15												
B) Explosive pushup	3x8												
C) Seated Band Row	3x8												
D) Hip thrust (optional)	3x12-15												
		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3	
Week 8													
A) Alligator crawl	3x10-12												
B) Flutter kicks	3x15-20												
C) Jump squat	3x10-12												
D) Seated row band (optional)	3x12-15												