

Strength/Stability Tracking Sheet



Exercise	DESIRED Set / Rep / Rest			July 20th	July 22nd	July 27th	July 29th	August 3rd	August 5th	August 10th	August 12th	August 17th
	3	9 Each Side	1.5 Min									
Level 1 - Overhead Split Squat. Every third rep hold mid position for 5 seconds. All other reps at a slow tempo. May be progressed with resistance. The key is you are maintaining alignment/form throughout.	3	9 Each Side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 2 - Overhead Step Up. May be progressed with resistance. The key is you are maintaining alignment/form throughout. Tempo: slow/controlled	3	10 Each Side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 3 - Single Leg Squat. The key is you are maintaining alignment/form throughout. Do not perform this level if you cannot maintain quality throughout. Tempo: slow/controlled	3	6-10 each side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 1 - Cook Hip Lift. Focus on glute contraction (stance side). Tempo: slow	3	8-15 each side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 2 - Bent Knee Hip Extension March. Focus on glute contraction. Keep core engaged - do not let hips drop or pelvis to rotate throughout set. Tempo: slow/controlled	3	8-15 each side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 3 - Elevated Dip Cycle. Focus on glute contraction. Keep core engaged - do not let hips drop or pelvis to rotate throughout set. Tempo: slow	3	8-15 each side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3

Begin at Level 1 of each exercise and work to the top of the rep range (if applicable) maintaining perfect technique. If you are maintaining proper technique and the Level becomes less challenging - move to the next level of difficulty (and omit the previous Level)- but ensure that technique is maintained. For the Vermont Pull Up Exercise - a solid bar/board can be placed on two solid chairs (and you would perform the exercise between the chairs) - if a squat rack is unavailable. There should be no pain while performing any of the exercises, if pain is experienced stop the activity at once.

Exercise	DESIRED Set / Rep / Rest			August 19th	August 24th	August 26th	August 31st	September 2nd	September 7th	September 9th	September 14th	September 16th
	3	9 Each Side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 1 - Overhead Split Squat. Every third rep hold mid position for 5 seconds. All other reps at a slow tempo. May be progressed with resistance. The key is you are maintaining alignment/form throughout.	3	9 Each Side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 2 - Overhead Step Up. May be progressed with resistance. The key is you are maintaining alignment/form throughout. Tempo: slow/controlled	3	10 Each Side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 3 - Single Leg Squat. The key is you are maintaining alignment/form throughout. Do not perform this level if you cannot maintain quality throughout. Tempo: slow/controlled	3	6-10 each side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 1 - Cook Hip Lift. Focus on glute contraction (stance side). Tempo: slow	3	8-15 each side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 2 - Bent Knee Hip Extension March. Focus on glute contraction. Keep core engaged - do not let hips drop or pelvis to rotate throughout set. Tempo: slow/controlled	3	8-15 each side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 3 - Elevated Dip Cycle. Focus on glute contraction. Keep core engaged - do not let hips drop or pelvis to rotate throughout set. Tempo: slow	3	8-15 each side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3

If you have any questions about the contents of this training plan, please contact John Zahab at jzahab@impossible2possible.com.



Exercise	DESIRED Set / Rep / Rest			September 21st	September 23rd
	Set	Rep	Rest		
Level 1 - Overhead Split Squat. Every third rep hold mid position for 5 seconds. All other reps at a slow tempo. May be progressed with resistance. The key is you are maintaining alignment/form throughout.	3	9 Each Side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 2 - Overhead Step Up. May be progressed with resistance. The key is you are maintaining alignment/form throughout. Tempo: slow/controlled	3	10 Each Side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 3 - Single Leg Squat. The key is you are maintaining alignment/form throughout. Do not perform this level if you cannot maintain quality throughout. Tempo: slow/controlled	3	6-10 each side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 1 - Cook Hip Lift. Focus on glute contraction (stance side). Tempo: slow	3	8-15 each side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 2 - Bent Knee Hip Extension March. Focus on glute contraction. Keep core engaged - do not let hips drop or pelvis to rotate throughout set. Tempo: slow/controlled	3	8-15 each side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 3 - Elevated Dip Cycle. Focus on glute contraction. Keep core engaged - do not let hips drop or pelvis to rotate throughout set. Tempo: slow	3	8-15 each side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3

Exercise	DESIRED Set / Rep / Rest			September 21st	September 23rd
	Set	Rep	Rest		
Level 1- Push Up. Keep core engaged do not allow back to sag. Tempo: slow	3	8-15	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 2- Elevated Mountain Climber to Push Up. Keep core engaged do not allow back to sag or pelvis to rotate. Tempo: slow	3	8-15	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 3- Elevated Mountain Climber to Push Up Hands on Ball (i.e. basket ball). Keep core engaged do not allow back to sag or pelvis to rotate. Do not allow ball to move. Tempo: slow	3	8-15	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 1 - Vermont Pull up. Keep core and glutes engaged - do not allow hips to drop. Focus on bringing shoulder blades together without shrugging. Tempo: slow	3	8-15	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 2 - Chin Up. Work through a full range of motion - do not shrug through the movement. Tempo: controlled	3	8-12	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 3 - Pull Up. Work through a full range of motion - do not shrug through the movement. Tempo: controlled	3	8-12	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
5a. Side Plank Leg Raise. Progress from support at bent knee to support at feet. Tempo: Slow	3	8-20 each side	-	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
5b. Plank with Alternating Shoulder Tap. Keep core engaged do not allow back to sag or pelvis to rotate. Progress by gradually bringing knees closer together - further progress to support at toes. Tempo: Slow	3	8-20 each side	1 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3