

## Month 1

Workout		Sets	Reps	Rest
<b>A</b>	Band External Rotation	3	10	:30
	Bent Over Shoulder Abduction	3	10	
	Dumbbell Side Raise	3	10	
	Goblet Squat	3	10	
	Reverse Lunge	3	10	
	Single Leg Deadlift	3	10	
	Band Lat Row	3	10	
	Band Lat Pulldown	3	10	
	Dumbbell Chest Fly	3	10	
	Band Chest Press	3	10	
	All Fours Crunch	3	10	
	Bicycles	3	10	
	<b>Total Sets:</b>	<b>36</b>		

## Month 2

Workout		Sets	Reps	Rest
<b>A</b>	Band External Rotation	3	12	:30
	Bent Over Shoulder Abduction	3	12	
	Dumbbell Side Raise	3	12	
	Goblet Squat	3	12	
	Reverse Lunge	3	12	
	Single Leg Deadlift	3	12	
	Band Lat Row	3	12	
	Band Lat Pulldown	3	12	
	Dumbbell Chest Fly	3	12	
	Band Chest Press	3	12	
	All Fours Crunch	3	12	
	Bicycles	3	12	
	<b>Total Sets:</b>	<b>36</b>		

## Month 3

Workout		Sets	Reps	Rest
<b>A</b>	Band External Rotation	3	15	:30
	Bent Over Shoulder Abduction	3	15	
	Dumbbell Side Raise	3	15	
	Goblet Squat	3	15	
	Reverse Lunge	3	15	
	Single Leg Deadlift	3	15	
	Band Lat Row	3	15	
	Band Lat Pulldown	3	15	
	Dumbbell Chest Fly	3	15	
	Band Chest Press	3	15	
	All Fours Crunch	3	15	
	Bicycles	3	15	
	<b>Total Sets:</b>	<b>36</b>		