



E3 STRENGTH

Female 3x/wk Program

WARM-UP	Band Work	Distance/Reps
Yellow Mini Band	Lateral Walks (approx 15yd) Squat with band above knee	30yd 15reps

Day 1: Triceps and Quads		Week 1
Exercise	Sets	Reps
A1-Bench Step Up	4	15/side
A2-Incline Bench Pushup	4	25
A3-Jump Squat (weighted \geq 10lbs)	4	15
A4-Wide Leg Kettle Bell Squat	4	15
B1-Leg Press (minimum 100lbs)	3	20
B2-Wall Sit	3	45 sec
B3-Modified Push-up	3	15
B4-Plank on Hands with Knee Tucks	3	15
B5-Plank On Elbows	3	45 sec

Post Workout Cardio	Intensity	Duration
Arc Trainer	Incline 7: 140 BPM/100BPM Resist: 20	1min on/1min off=15min
Arc Trainer	Incline 5: 120 BPM Resist: 15	15min

WARM-UP	Band Work	Distance/Reps
Yellow Mini Band	Lateral Walks (approx 15yd) Reverse Diagonal Stride	30yd 30yd

Day 2: Back and Hams		Week 1
Exercise	Sets	Reps
A1-Side to Side (on 4 Green Steps)	3	20
A2-Kneeling Incline Cable Face Pull (Rope Handle)	3	15
A3-Incline Standing Wide Grip Cable Pull	3	15
A4-Kettle Bell Bent Leg Dead Lift	3	10/side
A5-Slider Reverse Lunge	3	20
B1-Alternating Jumping Split Squat	4	10
B2-Lat Pull Down	4	15
B3-Bent Over Single Arm Dumbbell Rows	4	12
B4-Walking Lunges	4	30yd
C1-Side Planks	3	20 sec/side

Post Workout Cardio	Intensity	Duration
Arc Trainer	Incline 5: 130 BPM/110BPM Resist: 30	45 sec on/75 sec off=15min
Arc Trainer	Incline 5: 115 BPM Resist: 10	15min

WARM-UP	Band Work	Distance/Reps
Yellow Mini Band	Lateral Walks (approx 15yd) Forward and Reverse Diagonal Strides	30yd 30yd

Day 3: Legs		Week 1
Exercise	Sets	Reps
A1-Weighted Bench Step Up (10lb minimum)	3	10
A2-Barbell Back Squat (minimum 30lbs)	3	15
A3-Walking Side Squat	3	30yd
A4-Static Squat	3	45 sec
B1-Single Leg Dead Lift	3	10/side
B2-Single Leg Curl	3	15
B3-Leg Curl (same weight as previous ex.)	3	25
B3-Weighted Walking Lunges	3	30yd
C1-Band Resistance Crunches	4	25
C2-Heels to Jesus	4	50

Post Workout Cardio	Intensity	Duration
Arc Trainer	Incline 2: 140 BPM/110BPM Resist: 35	30 sec on/90 sec off=15min
Arc Trainer	Incline 5: 125 BPM Resist: 15	15min

WARM-UP	Band Work	Distance/Reps
Green Mini Band	Lateral Walks (approx 15yd) Forward and Reverse Diagonal Strides	20yd 20yd

Day 4: Triceps and Quads		Week 2
Exercise	Sets	Reps
A1-Jump Squat	4	15
A2-TRX Squat	4	25
A3-TRX Overhead Extension	4	15
A4-Bench Dip	4	25
B1-TRX Single Leg Alternating Squat	3	20
B2-TRX Rear Foot Elevated Squat	3	10/side
B3-TRX Pushup	3	15
C1-Overhead Rope Grip Cable Extension	4	15
C2-Cable-facing Rope Grip Cable Extension	4	25

Post Workout Cardio	Intensity	Duration
Arc Trainer	Incline 10: 130 BPM/110BPM Resist: 15	1 min on/1 min off=15min
Arc Trainer	Incline 6: 115 BPM Resist: 15	15min

WARM-UP	Band Work	Distance/Reps
Green Mini Band	Lateral Walks (approx 15yd) Reverse Diagonal Stride	20yd 20yd

Day 5: Back and Hams		Week 2
Exercise	Sets	Reps
A1-Side to Side (on bench)	3	20
A2-Standing Single Arm Incline Cable Pull	3	15
A3-Wedge Bridges (minimum 20lb Barbell on lap)	3	25
A4-Wedge Decline Crunches	3	25
B1- Kettle Bell Romanian Dead Lift	3	10
B2-Leg Curl	4	20
B3-Single Dumbbell Incline Row	4	10
B3-Mid Height (attached to dumbbell rack) Band 2-arm Row	4	25
C1-Side Crunches	4	25/side
C1-Side Planks	3	20 sec/side

Post Workout Cardio	Intensity	Duration
Arc Trainer	Incline 10: 130 BPM/110BPM Resist: 20	45 sec on/75 sec off=15min
Arc Trainer	Incline 5: 115 BPM Resist: 15	15min

WARM-UP	Band Work	Distance/Reps
Green Mini Band	Lateral Walks (approx 15yd) Forward and Reverse Diagonal Strides	20yd 20yd

Day 6: Legs		Week 2
Exercise	Sets	Reps
A1-Forward Alternating Lunges	3	10
A2-Leg Curl	3	15
A3-Bench Side to Sides	3	15
A4-Bench Bridge	3	25 reps
B1-Single Leg Press	3	15/side
B2-2 Leg Press	3	25
B3-Single Leg Wall Sit	3	20 sec/leg
B3-Sled Push	3	30yd
C1-Single Leg Crunches	4	15/side
C2-Knees Up Crunch	4	50

Post Workout Cardio	Intensity	Duration
Arc Trainer	Incline 2: 140 BPM/110BPM Resist: 35	30 sec on/90 sec off=15min
Arc Trainer	Incline 5: 125 BPM Resist: 15	15min