

THE POSTURAL BALANCE PROJECT

28 Days

Set One					Set Two								
#	Exercise	Reps	Sets	Rest (s)	#	Exercise	Reps	Sets	Rest				
1	Squats	10	2	30	1	Squat Press	10	2	30				
2	Push-Ups	10	2	30	2	Push-Ups/ Knee Lifts	10/10	2	30				
3	Front Raises	10	2	30	3	Overhead Tricep Press	10	2	30				
4	Arm Curls	10	2	30	4	Lateral Raises	10	2	30				
5	DB Twists	20	2	30	5	Laying Ladder Drill	20	2	30				
Set Three					Set Four								
#	Exercise	Reps	Sets	Rest	#	Exercise	Reps	Sets	Rest				
1	Dead Lifts	10	2	30	1	Goblet Squats	10	2	30				
2	Push-Ups/ Alt Pull-Ups	5/5	2	30	2	Alt Shoulder Press	20	2	60				
3	Standing Twists	10	2	30	3	DB Shruggs	20	2	30				
4	Alt Arm Curls	20	2	30	4	Push -Ups: In/Outs	5/5	2	30				
5	V-Crunch	20	2	30	5	Supermans	20	2	30				
Set Five					Set Six								
#	Exercise	Reps	Sets	Rest	#	Exercise	Reps	Sets	Rest				
1	Arm Curls/ Arnold Press	10/10	2	30	1	Clean Press	10	2	30				
2	Golf Swings	20	2	30	2	Seated Shoulder Press	5	2	30				
3	Laying Flyes	10	2	30	3	Running Arms	30	2	30				
4	Paddling Drill	20	2	30	4	Push-Ups/ Supermans	10/20	2	30				
5	Side Dips	5/5	2	15	5	Alt Crunches	20	2	30				
Set Seven					FYI - BP Set								
#	Exercise	Reps	Sets	Rest	#	Exercise	Reps	Sets	Rest				
1	½ Lunges	5/5	2	30	1	BB Clean Press	10	2	30				
2	Frontal Raises	10	2	30	2	BB Push-Ups	10	2	30				
3	Laying Pull overs	10	2	30	3	BB Bar Snap Pulls	10	2	30				
4	Standing Rear Ext	10	2	30	4	Plate Twists/ Ladders	20/20	2	30				
5	Dog Extensions	10/10	2	30	5	Bench Extensions	10	2	30				
1	2	3	4	5	6	7	8	9	10	11	12	13	14
15	16	17	18	19	20	21	22	23	24	25	26	27	28