



This program is designed for runners, hikers and other endurance athletes to balance out the stability and strength of the upper body while performing a separate balanced lower body routine.

Duration: 12 weeks. Once completed you can repeat this program and progress it by increasing the weight or difficulty.

Commitment: 2 days 30-40 minutes/week preferably on a rest day.

Equipment required: Resistance bands, Dumbbells, TRX straps(or similar suspension trainer), and Cable Machine. If you don't have the equipment try a dumbbell variation of the movement or do something that will work the same muscles with the equipment you do have.

Notes on format: When written as a round, each exercise is performed one after the other for the required reps then the entire sequence is repeated for the number of rounds or time given. When performing an exercise with two sides written "each side", always alternate between sides to complete required reps. This program is a combination of strength, muscular endurance, mobility and flexibility. If very new to training, consider doing 1 less round than suggested. If you have had a previous upper body injury make sure you are cleared by a doctor to train as tolerated. Always stay out of pain. Sharp pain is something you want to avoid, so if a movement hurts choose a different pain free exercise. This is not a personalized program, as always with online training programs, train at your own risk.

Week 1

Day 1

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 3 each side
Superman's w/ arms by sides x 5
Quadruped shoulder CARs x 5 each side

5 rounds or 12-15 mins

Shoulder tap plank x 5-8 each side
Russian Twists x 10 each side
TRX row or Bent Over DB Row x 8-10

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side

Day 2

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 3 each side
Superman's w/ arms by sides x 5
Quadruped shoulder CARs x 5 each side

5 rounds or 12-15 mins

Hands Elevated push ups x 8-10
Deadbug w/ movement x 5 each side
Scap pull ups or Scap Push-ups x 3-5 (can be done on lat pulldown machine if needed)

3-4 rounds or 5-8 mins (can be done on one cable machine or with one band)

Facepull x 8-12
Tricep pushdown x 8-12
Straight arm pulldown or Chair Dips x 8-12

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side

Week 2

Day 1

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side

[Superman's w/ arms by sides](#) x 8

Quadruped shoulder CARs x 6 each side

5 rounds or 12-15 mins

Shoulder tap plank x 8- 12 each side

[Russian Twists](#) x 10-15 each side

TRX row or Bent Over DB Row x 8-10 *increase difficulty by adding reps or walking feet further forward/more horizontal body position

3 rounds

Prone Chest Stretch x 5 deep breaths

Child's Pose w/ side reach x 5 deep breaths each side

Cat Cow x 5 w/ 1 deep breath at each position

Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side

Day 2

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side

Superman's w/ arms by sides x 8

Quadruped shoulder CARs x 6 each side

5 rounds or 12-15 mins

Hands Elevated push ups x 8-10 *increase difficulty by lower body closer to floor while maintaining a full range of motion

Deadbug w/ movement x 8 each side

Scap pull ups or Scap Push-ups x 5-8 (can be done on lat pulldown machine if needed)

3-4 rounds or 5-8 mins (can be done on one cable machine or with one band)

Facepull x 10-15

Tricep pushdown x 10-15

Straight arm pulldown or Chair Dips x 10-15

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths

Child's Pose w/ side reach x 5 deep breaths each side

Cat Cow x 5 w/ 1 deep breath at each position

Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side

Week 3

Day 1

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 8 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side

5 rounds or 12-15 mins

Shoulder tap plank x 10-15 each side
Russian Twists x 15-20 each side
TRX row or [Bent over Row](#) x 8-10 *increase difficulty by adding reps or walking feet further forward/more horizontal body position

3 rounds

[Prone Chest Stretch](#) x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side

Day 2

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 8 each side
Superman's w/ arms by sides x 12
[Quadruped shoulder CARs](#) (<Instructional Video) x 8 each side ([Option to try them standing. Go to min 1:08](#))

5 rounds or 12-15 mins

Hands Elevated push ups x 8-10 *increase difficulty by lower body closer to floor while maintaining a full range of motion
Deadbug w/ movement x 8 each side
Scap pull ups or Scap Push-ups x 8-12 (or Lat Pulldown (Band anchored High on the door) or Banded [Low Row](#))

3-4 rounds or 5-8 mins (can be done on one cable machine or with one band)

Facepull Standing or [Seated](#) x 15-20
Tricep pushdown or [Door Banded Pushdowns](#) x 15-20
[Straight arm pulldown](#) or [Banded Kickbacks](#) x 15-20

3 rounds or 5-8 mins

[Prone Chest Stretch](#) x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side

Week 4

Day 1

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side
Plank to Downward Dog toe touch x 5 each side

4 Rounds or 12-15 mins

Renegade Rows x 5 each side
Side Plank x 10-20 sec each side
Single Arm TRX row or [Single Arm Row](#) x 5-8 each side

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side
Extended Side Angle Pose x 5 deep breaths each side

Day 2

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side
Plank to Downward Dog toe touch x 5 each side

4 Rounds or 12-15 mins

Alternating Dumbbell Bench x 8 each side
Hanging Leg Raise x 5-8 (knees can be tucked to start)
Half Kneeling Dumbbell Overhead Press x 5 each side

3-4 Rounds or 5-8 mins

Dumbbell Lateral Raise x 8-10
Dumbbell Front Raise x 8-10
Dumbbell Rear Delt Fly x 8-10

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side
[Extended Side Angle Pose](#) x 5 deep breaths each side (Be active in the stretch)

Week 5

Day 1

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side
Plank to Downward Dog toe touch x 5 each side

5 Rounds or 12-15 mins

Renegade Rows x 6-8 each side
Side Plank x 15-30 sec each side
Single Arm TRX row x 8-10 each side

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side
Extended Side Angle Pose x 5 deep breaths each side

Day 2

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side
Plank to Downward Dog toe touch x 5 each side

4 Rounds or 12-15 mins

Alternating Dumbbell Bench x 8-10 each side
Hanging Leg Raise x 8-10 (knees can be tucked to start)
Half Kneeling Dumbbell Overhead Press x 5-8 each side

3-4 Rounds or 5-8 mins

Dumbbell Lateral Raise x 10-12
Dumbbell Front Raise x 10-12
Dumbbell Rear Delt Fly x 10-12

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side
Extended Side Angle Pose x 5 deep breaths each side

Week 6

Day 1

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side
Plank to Downward Dog toe touch x 5 each side

5 Rounds or 12-15 mins

Renegade Rows x 8-10 each side
Side Plank x 20-40 sec each side
Single Arm TRX row x 10-12 each side

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side
Extended Side Angle Pose x 5 deep breaths each side

Day 2

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side
Plank to Downward Dog toe touch x 5 each side

5 Rounds or 12-15 mins

Alternating Dumbbell Bench x 8-10 each side
Hanging Leg Raise x 8-10 (knees can be tucked to start)
Half Kneeling Dumbbell Overhead Press x 5-8 each side

3-4 Rounds or 5-8 mins

Dumbbell Lateral Raise x 12-15
Dumbbell Front Raise x 12-15
Dumbbell Rear Delt Fly x 12-15

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side
Extended Side Angle Pose x 5 deep breaths each side

Week 7

Day 1

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side
Plank to Downward Dog toe touch x 5 each side

3 Rounds or 12-15 mins

Renegade Rows x 8 each side
Hammer Curl to Overhead Press x 5
Shoulder Tap Plank x 5-8 each side (can use a band or cable machine)
TRX Facepull x 8-10

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side
Extended Side Angle Pose x 5 deep breaths each side

Day 2

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side
Plank to Downward Dog toe touch x 5 each side

4 Rounds or 12-15 mins

Dumbbell Bridge Press x 6-8
Hanging Single Leg Raise x 5-8 each side (knees can be tucked to start)
Half Kneeling Dumbbell Chop x 5-8 each side

4-5 Rounds or 5-8 mins

Horizontal Cable Row x 8-10
Lat Pulldown x 8-10

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side
Extended Side Angle Pose x 5 deep breaths each side

Week 8

Day 1

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side
Plank to Downward Dog toe touch x 5 each side

4 Rounds or 12-15 mins

Renegade Rows x 8 each side * try to progress weight if able
Hammer Curl to Overhead Press x 5-8
Shoulder Tap Plank x 8-10 each side (can use a band or cable machine)
TRX Facepull x 8-10 *increase difficulty by adding reps or walking feet further forward/more horizontal body position

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side
Extended Side Angle Pose x 5 deep breaths each side

Day 2

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side
Plank to Downward Dog toe touch x 5 each side

4 Rounds or 12-15 mins

Dumbbell Bridge Press x 6-8 *increase difficulty by adding weight
Hanging Single Leg Raise x 8-10 each side (knees can be tucked to start)
Half Kneeling Dumbbell Chop x 8-10 each side

4-5 Rounds or 5-8 mins

Horizontal Cable Row x 10-12
Lat Pulldown x 10-12

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side
Extended Side Angle Pose x 5 deep breaths each side

Week 9

Day 1

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side
Plank to Downward Dog toe touch x 5 each side

4 Rounds or 12-15 mins

Renegade Rows x 8 each side * try to progress weight if able
Hammer Curl to Overhead Press x 8-10
Shoulder Tap Plank x 10-12 each side (can use a band or cable machine)
TRX Facepull x 8-10 *increase difficulty by adding reps or walking feet further forward/more horizontal body position

3 rounds

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side
Extended Side Angle Pose x 5 deep breaths each side

Day 2

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side
Plank to Downward Dog toe touch x 5 each side

4 Rounds or 12-15 mins

Dumbbell Bridge Press x 6-8 *increase difficulty by adding weight
Hanging Single Leg Raise x 10-12 each side (knees can be tucked to start)
Half Kneeling Dumbbell Chop x 8-10 each side *increase difficulty by adding weight

4-5 Rounds or 5-8 mins

Horizontal Cable Row x 12-15
Lat Pulldown x 12-15

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side
Extended Side Angle Pose x 5 deep breaths each side

Week 10

Day 1

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side
Plank to Downward Dog toe touch x 5 each side

4 Rounds or 12-15 mins

Dumbbell Hang Clean and Press x 5-8
Dumbbell Farmers Walk x 60s
Copenhagen Side Plank x 10-15 sec each side *it can be easier to start with a straight arm to the floor instead of an elbow on floor

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side
Extended Side Angle Pose x 5 deep breaths each side

Day 2

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side
Plank to Downward Dog toe touch x 5 each side

4 Rounds or 12-15 mins

Single Arm Dumbbell Bench x 5-8 each side
Bear Crawls x 8-10 steps each side
High to Low Standing Cable Chop x 5-8 each side

3-4 Rounds or 5-8 mins

Single Arm Cable Row x 8-10 each
Overhead Tricep Extension x 8-10
Plank w/ Reach x 5 each side

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side
Extended Side Angle Pose x 5 deep breaths each side

Week 11

Day 1

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side
Plank to Downward Dog toe touch x 5 each side

5 Rounds or 12-15 mins

Dumbbell Hang Clean and Press x 5-8 *increase weight if able
Dumbbell Farmers Walk x 60s *increase weight if able
Copenhagen Side Plank x 10-15 sec each side *it can be easier to start with a straight arm to the floor instead of an elbow on floor

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side
Extended Side Angle Pose x 5 deep breaths each side

Day 2

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side
Plank to Downward Dog toe touch x 5 each side

4 Rounds or 12-15 mins

Single Arm Dumbbell Bench x 8-10 each side
Bear Crawls x 10-12 steps each side
High to Low Standing Cable Chop x 8-10 each side

3-4 Rounds or 5-8 mins

Single Arm Cable Row x 10-12 each
Overhead Tricep Extension x 10-12
Plank w/ Reach x 5-8 each side

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side
Extended Side Angle Pose x 5 deep breaths each side

Week 12

Day 1

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side
Plank to Downward Dog toe touch x 5 each side

5 Rounds or 12-15 mins

Dumbbell Hang Clean and Press x 5-8 *increase weight if able
Dumbbell Farmers Walk x 60s *increase weight if able
Copenhagen Side Plank x 10-15 sec each side *it can be easier to start with a straight arm to the floor instead of an elbow on floor

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side
Extended Side Angle Pose x 5 deep breaths each side

Day 2

5 Rounds or 8-10 mins

Inchworm w/ Spider-Man rotation x 5 each side
Superman's w/ arms by sides x 12
Quadruped shoulder CARs x 8 each side
Plank to Downward Dog toe touch x 5 each side

5 Rounds or 12-15 mins

Single Arm Dumbbell Bench x 8-10 each side
Bear Crawls x 10-12 steps each side
High to Low Standing Cable Chop x 8-10 each side

3-4 Rounds or 5-8 mins

Single Arm Cable Row x 12-15 each
Overhead Tricep Extension x 12-15
Plank w/ Reach x 5-8 each side

3 rounds or 5-8 mins

Prone Chest Stretch x 5 deep breaths
Child's Pose w/ side reach x 5 deep breaths each side
Cat Cow x 5 w/ 1 deep breath at each position
Half Kneeling Hip Flexor Stretch w/ overhead reach x 5 deep breaths each side
Extended Side Angle Pose x 5 deep breaths each side

GREAT JOB!!