

36-Week Exercise Progression for **Beginners: With Weighted Vest**

Week	Sets	Repetitions	Weight in Vest (lbs)	Jumps	Explanation
1 & 2	3	5	0	0	Sets = One set is completed each time the specified number of repetitions for a particular exercise is performed. For example, completing 5 repetitions of squats in week 1 equals one set.
3 & 4	3	5	3 to 5	0	
5 & 6	3	5	4 to 6	0	
7 & 8	3	5	5 to 7	0	
9 & 10	3	5	6 to 8	0	Repetitions = the number of times an exercise is done within a set. Start with 5 and increase according to the schedule and your ability.
11 & 12	3	5	7 to 9	0	
13 & 14	3	10	5 to 7	3 x 5	
15 & 16	3	10	6 to 8	3 x 5	Weight - The amount of weight to put in the vest is based on body weights of 130 to 150 lbs. Those who weigh 130 should start with 3 lbs, those who weigh 150 should start with 5 lbs. Increase according to the schedule and your ability.
17 & 18	3	10	7 to 9	3 x 5	
19 & 20	3	10	8 to 10	3 x 10	
21 & 22	3	10	9 to 11	3 x 10	
23 & 24	3	10	10 to 12	3 x 10	
25 & 26	3	15	8 to 10	3 x 10	
27 & 28	3	15	9 to 11	3 x 10	Jumps = Do 3 sets of 15 "faux" or false jumps in the first 12 weeks as demonstrated on the video. Then do 3 sets of 5 real jumps (3 x 5), 3 sets of 10 (3 x 10), and 3 sets of 15 (3 x 15) according to the schedule and your ability.
29 & 30	3	15	10 to 12	3 x 10	
31 & 32	3	15	11 to 13	3 x 15	
33 & 34	3	15	12 to 14	3 x 15	
35 & 36	3	15	12 to 14	3 x 15	