

36-Week Exercise Progression for **Intermediates: Without Weighted Vest**

| Week | Sets | Repetitions | Jumps | Explanation |
|---------|------|-------------|--------|--|
| 1 & 2 | 3 | 10 | 0 | Sets = One set is completed each time the specified number of repetitions for a particular exercise is performed. For example, completing 10 repetitions of squats in week 1 equals one set. |
| 3 & 4 | 3 | 10 | 0 | |
| 5 & 6 | 3 | 10 | 0 | |
| 7 & 8 | 3 | 10 | 0 | |
| 9 & 10 | 3 | 10 | 0 | Repetitions = the number of times an exercise is done within a set. Start with 10 and increase according to the schedule and your ability. |
| 11 & 12 | 3 | 10 | 0 | |
| 13 & 14 | 3 | 15 | 3 x 5 | |
| 15 & 16 | 3 | 15 | 3 x 5 | 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. |
| 17 & 18 | 3 | 15 | 3 x 5 | |
| 19 & 20 | 3 | 15 | 3 x 10 | |
| 21 & 22 | 3 | 15 | 3 x 10 | |
| 23 & 24 | 3 | 15 | 3 x 10 | |
| 25 & 26 | 3 | 15 | 3 x 15 | Note: Improvements in fitness will be achieved by exercising without a weighted vest. However, wearing a weighted vest while exercising in the program will result in stronger muscles than exercising without a weighted vest. |
| 27 & 28 | 3 | 15 | 3 x 15 | |
| 29 & 30 | 3 | 15 | 3 x 15 | |
| 31 & 32 | 3 | 15 | 3 x 15 | |
| 33 & 34 | 3 | 15 | 3 x 15 | |
| 35 & 36 | 3 | 15 | 3 x 15 | |