**FERRIE’S PEAK PERFORMANCE PROGRAM**

**QUARANTINE PHASE 1**

**Monday, Week 1**

YTWL 3 x 10 (no break) \_\_\_\_\_x 10 \_\_\_\_\_x 10 \_\_\_\_\_x 10

Scap Push-ups 3 x 15 (90 sec break) \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

Push ups 10 x 10 (2:00) \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

Feet up push ups 10 x 10 (2:00) \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

Chin ups 10 x failure (2:00) \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

**Monday, Week 2**

YTWL 3 x 10 (no break) \_\_\_\_\_x 10 \_\_\_\_\_x 10 \_\_\_\_\_x 10

Scap Push-ups 3 x 15 (90 sec break) \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

Push ups 10 x 10 (2:00) \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

Feet up push ups 10 x 10 (2:00) \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

Chin ups 10 x failure (2:00) \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

**Monday, Week 3**

YTWL 3 x 10 (no break) \_\_\_\_\_x 10 \_\_\_\_\_x 10 \_\_\_\_\_x 10

Scap Push-ups 3 x 15 (90 sec break) \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

Push ups 10 x 10 (2:00) \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

Feet up push ups 10 x 10 (2:00) \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

Chin ups 10 x failure (2:00) \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

**Monday, Week 4**

YTWL 3 x 10 (no break) \_\_\_\_\_x 10 \_\_\_\_\_x 10 \_\_\_\_\_x 10

Scap Push-ups 3 x 15 (90 sec break) \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

Push ups 10 x 10 (2:00) \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

Feet up push ups 10 x 10 (2:00) \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

Chin ups 10 x failure (2:00) \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_