

Picklebooty Project – Week 1 Day 3

Athletic Conditioning + Knee Rehab + Cardio Intervals

Daily Info:

Date: _____

Morning Weight: _____ lbs

Energy Level (1–10): _____

Sleep Hours: _____

Mood Before Workout: _____

Mobility Warm-Up – Repeat 2x:

- World's Greatest Stretch w/ Reach – 3/side
- Lateral Lunges – 10/side
- Hip Airplanes – 5/side
- Knee Taps – 8/side
- Marching High Knees – 20 steps

Superset A – 3 Rounds:

Round 1:

- Reverse Lunge to Knee Drive – Weight: _____ Reps: _____ Notes: _____
- Banded Side Steps – Reps: _____ Notes: _____

Round 2:

- Reverse Lunge to Knee Drive – Weight: _____ Reps: _____ Notes: _____
- Banded Side Steps – Reps: _____ Notes: _____

Round 3:

- Reverse Lunge to Knee Drive – Weight: _____ Reps: _____ Notes: _____
- Banded Side Steps – Reps: _____ Notes: _____

Superset B – 3 Rounds:

Round 1:

- Glute Bridge March – Reps: _____ Notes: _____
- Side Plank Hip Dips – Reps: _____ Notes: _____

Round 2:

- Glute Bridge March – Reps: _____ Notes: _____
- Side Plank Hip Dips – Reps: _____ Notes: _____

Round 3:

- Glute Bridge March – Reps: _____ Notes: _____
- Side Plank Hip Dips – Reps: _____ Notes: _____

Superset C – 2 Rounds:

Round 1:

- Standing Knee Drives – Reps: _____ Notes: _____
- Reverse Lunge to Balance Hold – Reps: _____ Notes: _____

Round 2:

- Standing Knee Drives – Reps: _____ Notes: _____
- Reverse Lunge to Balance Hold – Reps: _____ Notes: _____

Cardio Intervals – 20 min:

Warm-Up (5 min): _____

Intervals (10 min): _____

Cooldown (5 min): _____

Notes: _____

Flexibility Cooldown:

- **Standing Quad Stretch – 30 sec/side**

- **Figure 4 Glute Stretch – 1 min/side**

- **Hamstring Stretch – 1 min**

- **Deep Breathing – 2 min**

Post-Workout Reflections:

What felt strong today? _____

What was challenging? _____

Mood after workout: _____

Recovery plan: _____

Exercise Guide – Week 1 Day 3 (Full Breakdown)

World's Greatest Stretch w/ Reach

- Step into a lunge, hands on floor inside forward foot.
- Drop inside elbow toward ground, rotate torso open, reach arm to ceiling.

Lateral Lunges

- Step out to side, bend knee, push hips back, keep opposite leg straight.
- Press through heel to return to start.

Hip Airplanes

- Balance on one leg, hinge at hips, extend other leg back.
- Rotate open through hips, then close. Engage glutes/core.

Knee Taps (Split Stance)

- From split stance, lower back knee toward ground with control.
- Light tap or hover, press through front foot to rise.

Marching High Knees

- March in place slowly, lifting knees to hip height.
- Engage core, maintain upright posture.

Reverse Lunge to Knee Drive

- Step back into lunge, drive knee forward/up to chest.
- Balance briefly at top. Control descent.

Banded Side Steps

- Mini squat with band, step laterally, maintain tension.
- Keep knees tracking toes, avoid collapsing inward.

Glute Bridge March

- Hold glute bridge, alternate lifting knees toward chest.
- Keep hips elevated, avoid pelvis drop.

Side Plank Hip Dips

- In side plank, lower hips toward floor, lift back to plank.
- Control movement, engage obliques.

Standing Knee Drives

- Drive one knee up towards chest, balance on opposite leg.
- Use wall or band if needed for control.

Reverse Lunge to Balance Hold

- Step back into reverse lunge, drive up into knee raise.
- Hold balance at top, repeat.

Bike Intervals

- Warm up 5 min easy, then 10 min intervals: 30 sec moderate/high resistance seated, 30 sec
- recovery.
- Finish with 5 min cooldown spin.

Treadmill Incline Walk

- 5 min flat warm-up, then 10 min intervals: 1 min brisk incline walk (6–10%), 1 min flat
- recovery.
- 5 min cooldown walk.

Standing Quad Stretch

- Pull ankle to glute, knees aligned, hold wall for balance.
- Hold stretch, then switch sides.

Figure 4 Glute Stretch

- Cross ankle over opposite knee while seated or lying.
- Gently press knee down, hold stretch.

Hamstring Stretch

- Hinge at hips, reach toward toes with flat back.
- Hold stretch, slight knee bend is fine.

Deep Breathing

- Lie on back, knees bent, breathe deeply into belly.
- Inhale 4 sec, exhale 6–8 sec, repeat.