

Week 4 - Foundation: At-home workout



Warmup

Dynamic Warmup

10

min

Movement Prep

		Set 1	Set 2
1	Lateral Banded Walks	8 steps L & R	8 steps L & R
2	2-foot Pogos in place	20 sec	20 sec
3	2 small jumps and tuck jump on 3rd	15 sec	15 sec
4	Skater jumps side to side	10 EL	10 EL
5	Single Leg- 2 small jumps and dip low on 3	6 EL	6 EL
6	Split Squat Pulses Max on 3rd Jump	5-8 EL	5-8 EL

Notes

If you don't have a band, do a standing lateral leg raise

Stay low, keep upper body as straight as possible.

Strength Training

Objective: Go as heavy as possible while keeping good form.

		Set 1	Set 2	Set 3	
1A	DB Thrusters	8-12	8-12	8-12	Google "Dumbbell thrusters" for form tips
1B	Renegade Row	8-12	8-12	8-12	Rows from Plank position, Don't twist upper body on row
2A	Hip Thrust DB or Barbell (heavy)	8-12	8-12	8-12	Chin to chest during the entire movement. Lower leg should be straight up and down. If you don't have weights, do a single leg with a weighted backpack or use another person
2B	Hand Release Push-ups	8-12	8-12	8-12	
3	Reverse Lunges- Front foot elevated	6 EL	6 EL	6 EL	Use Dumbbells or body weight, standing on a bottom stair of elevated surface. Step back into a deep lunge with one foot, then back onto the stair, switch legs each rep.
4A	DB Tricept kickbacks	12-15	12-15	12-15	Google "tricept kickback"
4B	DB Bicept Curls	8 EL	8 EL	8 EL	Lying on your side, lift your top leg and hold for 5 seconds. This is one rep. If this is too easy, use bands.
4A	Copenhagen plank	30 sec ES	30 sec ES	30 sec ES	Google "copenhagen plank". If this hurts your hips or groin, a modified version can be done from the floor. Get into side plank position and then take the leg closest to the ground and bring the knee into the chest while raising the foot off of the ground.
5A	RKC Planks	30-45 seconds	30-45 seconds	30-45 seconds	Elbow plank up to hand plank is 1 rep

Cooldown: Walking or Stretching