

Week 1 - Foundation: At-home workout

Warmup

Dynamic Warmup	10	min
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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	1-foot Pogos in place	15 sec	15 sec
4	2-foot Pogos with Max 3rd Jump	20 sec	20 sec
5	1-foot Pogos with Max 3rd Jump	10 sec	10 sec

Notes

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



Strength Training					
Objective: Go as heavy as possible while keeping good form.					
		Set 1	Set 2	Set 3	
1A	Goblet Squat	8-12	8-12	8-12	If you don't have weights, use a weighted backpack
1B	Hand Release Push-ups	8-12	8-12	8-12	Do knee push-ups if needed
2A	B-Stance RDL	8-12 EL	8-12 EL	8-12 EL	Straight back, hinge at hips, focus on feeling it in your glutes and hamstrings, use a weighted backpack if needed.
2B	Chair/Bench Tricept Dip	8-12	8-12	8-12	
3	Forward Lunges (or walking lunges) DB	8-12	8-12	8-12	If you don't have weights, use a weighted backpack.
4A	Compenhagen Side Plank (google it)	6-10 ES	6-10 ES	6-10 ES	
4B	Low planks to high planks	30-45 seconds	30-45 seconds	30-45 seconds	Elbow plank up to hand plank is 1 rep

Cooldown: Walking or Stretching