

Week 3 - Foundation: At-home workout

Warmup

Dynamic Warmup	10	min
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Notes

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

Stay low, keep upper body as straight as possible.

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

Strength Training					
Objective: Go as heavy as possible while keeping good form.					
		Set 1	Set 2	Set 3	
1A	DB Clean to Press	8-12	8-12	8-12	Google "Dumbbell Clean to Press" for form tips
1B	Single Arm Bent Over Dumbell Row	8-12	8-12	8-12	Keep back straight, support yourself with off hand
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	Single Leg RDL	6 EL	6 EL	6 EL	Straight back, hinge at hips, If you are losing your balance on the RDL, do a b-stance RDL
4A	Tricept Skull Crushers	12-15	12-15	12-15	Lying on a bench or floor, hold dumbbells above head, bend elbows and and bring weights just above and outside your head. Use your tricep muscles to extend the dumbbells back over head
4B	Side Lying Hip Abduction	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	Side Plank	6-10 ES	6-10 ES	6-10 ES	
5A	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