

## Week 3 - 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 Clean to Press	8-12	8-12	8-12
1B	Single Arm Bent Over Dumbbell Row	8-12	8-12	8-12
2A	Hip Thrust DB or Barbell (heavy)	8-12	8-12	8-12
2B	Hand Release Push-ups	8-12	8-12	8-12
3	Single Leg RDL	6 EL	6 EL	6 EL
4A	Tricept Skull Crushers	12-15	12-15	12-15
4B	Side Lying Hip Abduction	8 EL	8 EL	8 EL
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