

Week 2 - 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 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 Squat to Press	8-12	8-12	8-12	
1B	Renegade Rows	8-12 Each Side	8-12 Each Side	8-12 Each Side	Rows from Plank position, Don't twist upper body on row
2A	Barbell or Dumbbell RDL (heavy)	6-10	6-10	6-10	Straight back, hinge at hips, focus on feeling it in your glutes and hamstrings, use a weighted backpack if needed.
2B	Push-ups	8-12	8-12	8-12	
3	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
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