

Off-Season Strength Week 3

1. **Warmup:** Your choice of activity. You should begin to sweat by the end of your warmup. That means you are ready to go.
 - a. Examples: easy bike spin, balance board, juggle, interpretive dancing, etc.
 - b. I like to do some extra foam rolling with a mindfully engaged core (can get you warmed up in a hurry)
2. **Core:** (3 sets each exercise)
 - a. **6 pack:** Weighted situps (20 reps) Use weight plate if you have it. If not, improvise (Dictionary, your cat, whatever)



- b. **Obliques:** Russian Twist (20 each side)



- c. **Back:** Stability Ball Hamstring curls (15 reps per set) If you don't have a stability ball, substitute with bridges with a 2 sec pause at the top



Glut Bridge



3. **Push/Pull:**

- a. **Push:** Pushups 10-25 reps per set (whatever you are able to do)



- b. **Pull:** Pullups if you have a bar (1-10reps/set), bent rows if no pullup bar (15-20 reps). Use household items if you don't have weights at home. Lightly flex your lower abs to stabilize your core while bending over.



4. **Squat:** Body weight or front weighted squat 3x10 reps
(with kettlebell, dumbbell, full milkjugs, whatever. Just start light this week)



5. **Deadlift:** 3x10 reps
(Start light, use weighted bar or kettlebell if you have it, or other household items)



6. **Explosive movement:** Jump Lunges (start at lunge position): 3x10 reps each side. Bonus points if you can keep genie arms like the dude in the pic



7. **Soft tissue work:** (5-10min)
 - a. Foam roll (muscle massage gun if you have one)
 - b. Stretch (make sure to include both the front and back of your legs and your low back)
 - c. Meditate/practice mindfulness (check out the calm or mindspace apps)