

HOME ONLINE STRENGTH TRAINING PROGRAM

WEEK 2 DAY 2

1.

CLICK PICS FOR VIDEO

DYNAMIC WARM-UP

- HIGH KNEE
- SQUAT SHUFFLE
- HAM SWEEP
- WALKING QUAD

2.

CORE WORK:

SUPER SET THESE 3 EXERCISES

SL GLUTE BRIDGE



→ 2x30s ea

SIDE BRIDGE



→ 2x30s ea

REACH THRU



→ 2x45

4.

CONDITIONING:

1.5 MILES UNDER 12 MINUTES

3.

SUPER SET THESE 3 EXERCISES

EXERCISES:

SETS/REPS:

DB SQUAT JUMP



→ 3x10

DB LUNGE



→ 3x12e

GOBLET SQUAT



→ 3x20

SUPER SET THESE 3 EXERCISES

DB LATERAL SQUAT



→ 3x10e

RDL



→ 3x15

FT ELEVEATE HIP LIFT



→ 3x15