

# HOME ONLINE STRENGTH TRAINING PROGRAM

## WEEK 3 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 ELBOW BRIDGE W/ KNEE UP



→ 2x20s

#### REACH THRU



→ 2x45

4.

### CONDITIONING:

1.7 MILES UNDER 12 MINUTES

3.

#### SUPER SET THESE 3 EXERCISES

#### EXERCISES:

#### SETS/REPS:

#### DB SQUAT JUMP



→ 3x10

#### FF ELEVATED DB SPLIT SQUAT SQUATS



→ 3x10e

#### GOBLET SQUAT 3 SEC PAUSE AT BOTTOM



→ 3x12

#### SUPER SET THESE 3 EXERCISES

#### DB LATERAL LUNGE



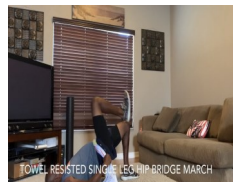
→ 3x8e

#### RDL



→ 3x15

#### SL HIP BRIDGE MARCH



→ 3x8e