

# HOME ONLINE STRENGTH TRAINING PROGRAM

## WEEK 3 DAY 3

1.

**CLICK PICS FOR VIDEO**

**DYNAMIC WARM-UP**

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

2.

**CORE WORK:**

**SUPER SET THESE 3 EXERCISES**

**DOUBLE LEG LIFT**



→ 2x20

**P/U TO ELBOW BRIDGE**



→ 2x12

**X CRUNCH**



→ 2x25ea

4.

**CONDITIONING:**

14 REPS-45 YARD SHUTTLES

**INSTRUCTIONS:**

SET UP CONES 15 YARDS APART.  
SPRINT 15 YDS TOUCH WITH A FOOT, SPRINT 15 YARD TOUCH WITH A FOOT THEN FINISH THROUGH

YOU HAVE TO COMPLETE THE SHUTTLE UNDER 10 SECONDS, ONCE COMPLETED GIVE YOURSELF 30 SEC REST IN BETWEEN EACH REP.

3.

**SUPER SET THESE 3 EXERCISES**

**EXERCISES:**  
KETTLE BELL SWINGS

**SETS/REPS:**



→ 3x20

DIPS 2 SECOND PAUSE AT BOTTOM



→ 3x12

PULL UPS



→ 3x12

**SUPER SET THESE 3 EXERCISES**

FEET ELEVATED P/U



→ 3x12

RC RAISE



→ 3x15

UPRIGHT ROWS



→ 3x20