

HOME ONLINE STRENGTH TRAINING PROGRAM

WEEK 4 DAY 1

1.

CLICK PICS FOR VIDEO

WARM-UP

4 MIN JOG

2.

CORE WORK:

SUPER SET THESE 3 EXERCISES

SL P/UP BRIDGE KNEE UP



→ 2x30s ea

SIDE ELBOW HIP LIFTS



→ 2x12ea

DL LEG LIFTS



→ 2x15

4.

CONDITIONING:

ASCENDING CONDITIONING

INSTRUCTIONS:

8 x10yard sprints

8 x20yard sprints

8 x30yard sprints

8 x40yard sprints

Rest time between sprint is just walking back to the line. Rest between sets is 1:15

3.

SUPER SET THESE 3 EXERCISES

EXERCISES:

SETS/REPS:

DB SNATCH



→ 3x6ea

DB BENCH



→ 3x20

DB ROW



→ 3x20

SUPER SET THESE 4 EXERCISES

KNEELINGSHLDR PRESS



→ 3x15

DB FRONT RAISE



→ 3x15

REAR DELT



→ 3x15

CURLS



→ 3x25