

HOME ONLINE STRENGTH TRAINING PROGRAM

WEEK 4 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



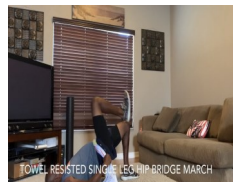
→ 3x8e

RDL



→ 3x15

SL HIP BRIDGE MARCH



→ 3x8e