

HOME ONLINE STRENGTH TRAINING PROGRAM

WEEK 4 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:

16 REPS-45 YARD SHUTTLES when you finish 8 reps take a minute 30 rest before completing the last 8

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

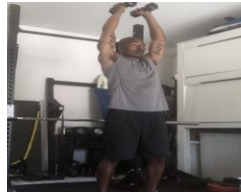
SUPER SET THESE 3 EXERCISES

FEET ELEVATED P/U



→ 3x12

RC RAISE



→ 3x15

UPRIGHT ROWS



→ 3x20