

# At Home Training Program



## 1) Foam Roll

## 2) Stretch, Mobility and Activation

1. Hip flexor stretch x20-30s/side
2. Hip flexor mobility x6/side
3. Glute bridge x8 (hold top 3 seconds)
4. Quadruped Adductor x6/side
5. Side Lying Clam x8/side (hold top 3 seconds)

## 3) Movement Prep

1. Deadbug x5/side
2. Birddog x5/side
3. BW Squat x6
4. Reverse Lunge x6/side
5. Lateral Lunge x6/side
6. SL Reach x5/side

Training Block 1: Go through 3 times or set your watch for 5-8 minutes and complete as many rounds as possible

- 1a. Plank x20-30s
- 1b. BW Squat x15-20 reps (for speed)
- 1c. Inverted Row x8-10 or Band Row x10-12/side

Training Block 2: Go through 3 times or set your watch for 5-8 minutes and complete as many rounds as possible

- 2a. Side Plank x15-25s/side
- 2b. Reverse Lunge (321 Tempo) x8-10/side
- 2c. Push Up x8-10

Training Block 3: Go through 3 times or set your watch for 5-8 minutes and complete as many rounds as possible

- 3a. Deadbug w. Pause x6-8/side
- 3b. Mountain Climber x20-25 (use furniture movers / paper plates on carpet, socks on hardwood)
- 3c. Single Leg Glute Bridge x6-8/side