

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 Row or Plank to Push Up x8/side
- 1b. RFE Split Squat (321 Tempo) x8-10/side
- 1c. Single Leg Inverted Row x8-10/side or Split Stance 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 Leg Lift x8/side
- 2b. Step Up (321 Tempo) x8-10/side
- 2c. Single Leg Push Up x6-10/side

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

- 3a. Single Leg Lowering x6-8/side
- 3b. Mountain Climber x20-25 (use furniture movers / paper plates on carpet, socks on hardwood)
- 3c. Single Leg Hip Thrust x6-8/side