



## Day 1

Warm up: everything done in place (do 10 reps on each side for each exercise)

- **Knee tucks**
- **Ankle grabs**
- **Hamstring scoop**
- **Back lunge and twist**
- **Lateral lunge alternating**

### **A1) Forward lunges 3x10e**

(do all one side before the other)

### **A2) Dead bugs 3x10**

(alternate sides for 10 total)

### **A3) Eccentric push up 3x5**

(push up position slowly lower to floor for :5 sec use knees to get back up)

### **A4) Prone snow angels 3x10**

(lay on stomach with hands behind head reach forward and around down to hip and on to low back then return to head)

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### **B1) In and out squat jumps 3x10**

(start with feet close together squat and jump landing with feet wide and repeat. In and out is 1 rep)

### **B2) Side plank leg lift 3x10 each**

(side plank with bottom knee bent and top leg straight. Hold hips off floor and lift top leg 10 times per side)

### **B3) Bear crawls 3x16 steps**

(make sure you are stepping in opposites (Left hand/Right leg move at same time and so on) If space is limited do forwards for a few steps and backwards for a few steps until 16 steps are completed. Keep steps small)



## Day 2

Warm up: 2 rounds

- **Tempo single leg hip lift x10 each**  
(:3 up :3 down)
- **Supine leg lower x10 each**  
(lay on back knees bent one leg straight. Lift straight leg)
- **Quadruped scap dip and reach x10**  
(hands and knees dip though shoulder blades push away and alternate arm reach)
- **Bear reps x5**  
(hands and knees deep breath in breath out and lift hold for long exhale)

### **A1) Prisoner single leg RDL 3x10e**

(hands behind head standing on one leg slight bend in knee and hinge forward till upper body is parallel with floor)

### **A2) Quadruped iso bird dog 3x5 each**

(on hands and knees reach out in opposites (right hand and left leg) hold for 3-5 seconds and switch)

### **A3) Down dog toe touch 3x10**

(start in push up position push back into down dog position and tap right hand to left foot (or knee if you can't reach) come back down to push up position and repeat alternating sides)

### **A4) Eccentric sit up 3x5**

(sit on floor with knees bent and arms over head slowly roll back one vertebra at a time until you are all the way down sit back up and repeat. Each rep should be :5 sec down)

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### **B1) Side shuffles 3x:30 sec**

(2 shuffles each direction back and forth for :30 sec)

### **B2) push up position slow knee tucks 3x20 alternating**

(push up position slowly bring one knee up and back before switching sides)

### **B3) Iso squat hold 3x:30**

(squat and hold for :30 sec or longer)



## **Day 3**

Warm up: 2 rounds

- **Clamshells x15e**  
(lay on side knees bent up in front keep feet together and lift top knee. Don't let hips roll back)
- **Quadruped thoracic rotation x6e**  
(hands and knees one hand behind head bring elbow to opposite hand and rotate up to sky)
- **Spider lunge with elbow tap x6e**  
(push up position bring right foot to outside of right hand with back leg straight take the right elbow and reach to floor. Repeat alternating sides)

### **A1) Lateral lunges alternating 3x10 each side**

(standing lunge to one side and keeping opposite leg straight)

### **A2) Push up position ATW (around the world) 3x4**

(push up position alternating reach forward then side then backwards. that's 1 rep)

### **A3) Prone shoulder external rotation 3x5 each**

(lay on stomach with one hand under forehead and other arm out to side with elbow bent at 90 degrees. Keep elbow on floor and lift hand and hold for :3 sec then repeat)

### **A4) Standing calf raise 3x20**

(this can be done on floor or on stairs to allow for more range of motion)

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### **B1) Lateral bounds side to side 3x12 total**

(jumping from right foot laterally to the left foot back and forth. Make these jumps as big or as small as you can handle)

### **B2) Accordions 3x12**

(sit on floor with knees tucked to chest. Straighten legs as you lower your upper body to floor stopping before your feet and shoulders touch the floor and sit up bringing the knees back to the chest and repeat)

### **B3) Iso split squat 3x:15 each side**

(start half kneeling with hands behind head push into the floor lifting the down knee 2 inches off the ground and hold for :15 sec one time on each side)