

Strength Program: Tuesday and Friday Each Week

Warm-Up:

1. 3-5 Minute walk or jog
2. **Jumping Jacks: 30 seconds**
 - a. Start with your feet together and hands relaxed by your side. Next, jump in the air while spreading your feet apart and swing your arms above your head until your hands are nearly touching. Then Jump again, bringing feet together and lower your hands by your side.



3. **High Knees: 10 yards x 2 sets**

- a. Start from a standing position with one foot on the ground, and one off the ground with the knee bent. Alternate the position of the legs, then continue to alternate. Once you are comfortable doing several in a row, try moving forward with it to the necessary distance.



4. **Butt Kickers: 10 yards x 2 sets**

- a. Stand up straight like you are about to run. Start to jog in place while trying to gently tap your buttocks with your heel each time your knees bend. Keep alternating between right and left making sure to swing your arms like you are running.



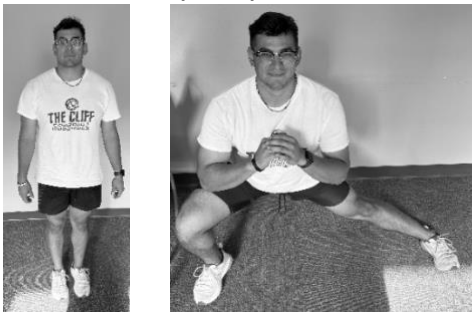
5. **Bodyweight Squats x 5 reps**

- a. Stand with your feet shoulder width (or a little further) apart. Bend your knees and lower your body like you're sitting in a chair, making sure to keep your chest up and your back straight. Go down as far as you feel comfortable, then push through your feet and stand back up.



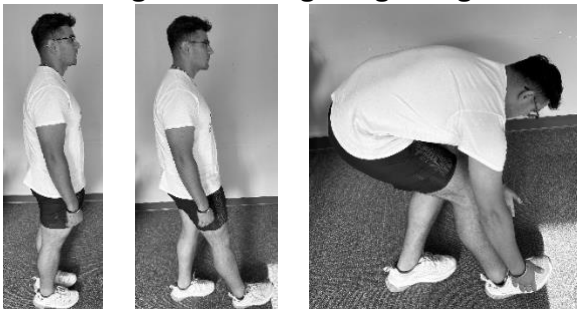
6. Side Lunges x 10 reps

- a. Start by standing with your feet shoulder width apart. Lift your right foot and take a big step out to the side. Bend your right knee and push your hips back, like you are about to sit in a chair. Keep your left leg straight with your toes pointing forward. Push off your right foot and stand back up. Repeat to the left side, then alternate side to side.



7. Scoops x 10 reps total (5 each side)

- a. Start in a standing position. Take a short step forward, then bend the right knee and keep the left leg straight. Bend down and “scoop” the air by your ankle or lower leg. Repeat with the left leg bent and right leg straight. Continue alternating



8. Pogos x 15 seconds

Start standing with your feet shoulder width apart. Hop up and down using both feet at the same time. Make sure you focus on quick jumps off the ground keeping a slight bend in your knees straight. Keep a steady rhythm with the balls of your feet hitting the ground lightly.



9. Shoulder Circles x 5 each direction

- a. Stand with your arms at your side and elbows bent. Using the arms, roll the shoulders forward with small to large circles. Reverse direction, making sure the circles are large to small.



10. Fire Hydrants x 5 each leg

- a. Start on your hands and knees, keeping hands under shoulders and knees under hips. Lift the right leg up and to the side, keeping the knee at a 90 degree angle. Do not lift any higher than parallel to the ground. Bring leg back towards starting position (keeping the 90 degree angle) without letting knee rest on the floor and repeat. Switch to the left leg.



11. Thread the Needle x 5 each side

- a. Start on all fours with your hands directly under the shoulders and your knees directly under your hips. Take your right arm and lift it out and up (see picture). Bring the right arm down and under your chest, to the left side (see picture). Ensure your eyes follow the arm that is moving to deepen twist. Return to all fours. Repeat on other side



Main Set:

Day One:

1. **Chair or Body Weight Squats (weeks 1-3)/Goblet Squat (weeks 4-6):** 1 set of 12 reps week 2 sets of 12 week 2, 3 sets of 12 week 3, and 3 sets of 8-10 weeks 4-6. Make sure to take 30-60 seconds rest between each set.

a. Chair Squats:

- i. Stand up straight and keep your chest up and shoulders back. Begin to push your hips back (like you're about to sit down). Bend your knees and lower yourself. Lightly touch your buttocks to the chair - then press through your heels to stand back up to the starting position. This can also be done without a chair, but you should only go down as far as you are comfortable.



b. Goblet squat:

- i. Hold a dumbbell, kettlebell, or any weighted object close to your chest with both hands. Keep your elbows pointing down and the weight resting near your upper chest. Stand with your feet shoulder-width apart, toes slightly turned out. Brace your core and keep your chest lifted. Lower yourself into a squat by pushing your hips back and bending your knees. Go as low as you can comfortably — aim for thighs parallel to the floor, or as close as possible. Keep the weight close to your chest throughout. Drive through your heels to stand back up to the starting position. Make sure your knees stay aligned with your toes. Move slowly and with control.



2. **Walking Lunges:** 1 set of 12 in week 1, 2 sets of 12 in week 2, and 3 sets of 12 in weeks 3-6. Make sure to take no more than 30 seconds of rest between each set. Make sure to take 30-60 seconds rest between each set.

- a. Start in a standing position with your feet together. Step forward with the right foot, then bend both knees so your back knee goes toward the ground. Push off your back foot and bring it forward to stand tall again. Keep moving forward, alternating legs each step. You may add resistance with dumbbells if necessary.



3. **Body Weight Good Mornings (weeks 1-3)/Barbell Romanian Dead Lift (RDL) (weeks 4-6):** 1 set of 12 reps week 2 sets of 12 week 2, 3 sets of 12 week 3, and 3 sets of 8-10 weeks 4-6. Make sure to take 30-60 seconds rest between each set. Make sure to take 30-60 seconds of rest between each set.

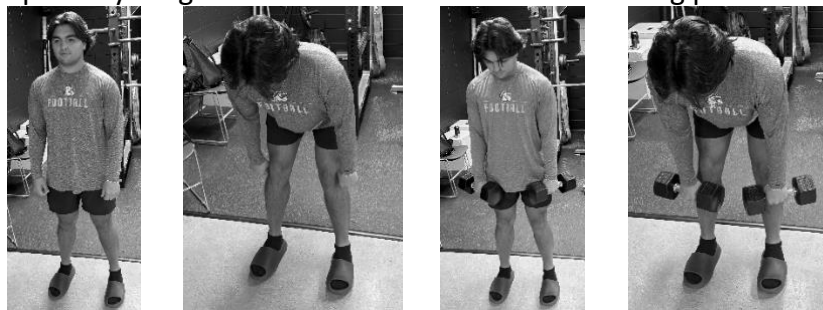
- a. **Good mornings:**

- i. Standing up straight with feet shoulder width apart and a slight bend in the knees. While keeping back straight, core engaged and chin tucked, hinge at the hips to bend down towards the floor and your buttocks back. Then squeeze your glutes to drive your hips forward to return to standing position.



- b. **Romanian Dead Lift (RDL):**

- i. Standing up straight with feet shoulder width apart and a slight bend in the knees. While keeping back straight, core engaged and chin tucked, hinge at the hips to bend down towards the floor and push your buttocks back, keeping your arms, the barbell or dumbbells tight against the body. Lower the weight to your mid shins or just below the knees, while feeling a stretch in the back of your legs. Drive your hips forward and squeeze your glutes to stand to return to the starting position.



4. **Pushups:** Traditional (from the knees or toes) for the first 3 weeks, then scapular pushups for weeks 4-6. Perform 1 set of 10-12 in week one, two sets of 10-12 in week 2, three sets of 10-12 in week 3, then 3 sets of 8-10 in weeks 4-6. Make sure to rest 30-60 seconds between sets.

a. Pushups:

- i. From toes: Begin with your hands slightly wider than shoulder-width apart. Keep your legs straight, feet together or slightly apart, keeping your body in a straight line from head to heels. Slowly lower your body by bending your elbows. Lower until your chest nearly touches the ground. Push through your palms to return to the starting
- ii. From knees: Begin with your knees on the ground and your hands slightly wider than shoulder-width apart. Keep a straight line from your head to your knees. Lower your chest toward the ground by bending your elbows, then push back up to the starting position.



5. **Glute Bridge:** 1 set of 12 in week 1, 2 sets of 12 in week 2, and 3 sets of 12 in weeks 3-6. Make sure to take no more than 30 seconds of rest between each set.

- a. Lay down on your back. Bend your knees and put your feet flat on the floor, about hip-width apart. Place your arms flat on the ground by your sides. Push through your heels and lift your hips up toward the ceiling, so your body looks like a bridge. Slowly lower your hips back down to the floor.



6. **Core Routine:** Do these three exercises in succession, resting for 30 seconds after each round.

- a. **Crunches:** 1 set of 12-15 repetitions in week one, 2 sets of 12-15 repetitions in week 2, and 3 sets of 12-15 reps in weeks 3-6.

- i. Lay flat on your back with knees bent, feet flat on the ground, and hands behind your head. Lift your upper body until your shoulder blades are off the ground, then return to the starting position.



- b. **Plank:** 1 rep of 20 seconds for the first week, 2 reps of 20 seconds for the second week, and 3 reps of 20 seconds for weeks 3-6
- i. Face the ground and hold yourself up on your forearms and toes. Make sure your back is flat and your elbows are underneath your shoulders. Maintain a straight body position (hips do not fall or go up).



- c. **Superman:** 1 set of 10 reps for the first week, 2 sets of 10 reps for the second week, and 3 sets of 10 reps for week 3-6
- i. Lie face down on the floor or yoga mat. Have arms extended in front of you, legs straight behind, and forehead resting on the floor or mat. Lift arms, chest, and legs toward the ceiling, squeeze glutes and back muscles. Hold for 2-5 seconds and slowly lower.



Day Two:

1. **Walking Lunges:** 1 set of 12 in week 1, 2 sets of 12 in week 2, and 3 sets of 12 in weeks 3-6. Make sure to take no more than 30 seconds of rest between each set. Make sure to take 30-60 seconds rest between each set.
2. **Chair or Body Weight Squats (weeks 1-3)/Goblet Squat (weeks 4-6):** 1 set of 12 reps week 2 sets of 12 week 2, 3 sets of 12 week 3, and 3 sets of 8-10 weeks 4-6. Make sure to take 30-60 seconds rest between each set.
3. **Body Weight Good Mornings (weeks 1-3)/Barbell Romanian Dead Lift (RDL) (weeks 4-6):** 1 set of 12 reps week 2 sets of 12 week 2, 3 sets of 12 week 3, and 3 sets of 8-10 weeks 4-6. Make sure to take 30-60 seconds rest between each set. Make sure to take 30-60 seconds of rest between each set.
4. **Pushups:** Traditional (from the knees or toes) for the first 3 weeks, then scapular pushups for weeks 4-6. Perform 1 set of 10-12 in week one, two sets of 10-12 in week 2, three sets of 10-12 in week 3, then 3 sets of 8-10 in weeks 4-6. Make sure to rest 30-60 seconds between sets.
5. **Glute Bridge:** 1 set of 12 in week 1, 2 sets of 12 in week 2, and 3 sets of 12 in weeks 3-6. Make sure to take no more than 30 seconds of rest between each set.

6. **Core Routine:** Do these three exercises in succession, resting for 30 seconds after each round.

a. **Russian Twists:** 1 set of 10-12 repetitions in week one, 2 sets of 10-12 repetitions in week 2, and 3 sets of 10-12 reps in weeks 3-6.

- i. Sit on the floor with your knees bent and heels touching the ground. Lean back slightly making sure to keep your back straight and your chest lifted. Clasp your hands together and twist your torso from left to right



b. **Dead Bug:** 1 rep of 10 reps for the first week, 2 reps of 10 reps for the second week, and 3 reps of 10 reps for weeks 3-6.

- i. Lie on your back with both arms extended straight up while knees and hips are at 90 degrees. Let your left arm and right leg slowly move toward the floor, then bring them back to the starting position. Alternate and perform with the right arm and left leg. Try to keep from arching your back or rotating your body.



c. **Bird Dog:** 1 rep of 10 reps for the first week, 2 reps of 10 reps for the second week, and 3 reps of 10 reps for weeks 3-6.

- i. Starting on your hands and knees, lift the right arm and left leg until they are parallel to the ground, then bring them back to the starting position. Repeat with the left arm and right leg.

