#### PHASE #1 AT HOME WORKOUT

### Warm Up

**Alternating Walking Lunge 20 yds Fwd** 

**Alternating Walking Lunge 20 Yds Rvs** 

Low Squat Jumps 4 sets of 1 min

Single Leg pops 4 ways x 75 Right/Left

Frog Leap 4 ways x 10 Forward/Right/Left/Backwards

# **WORKOUT #1**

			Week 1			Week 2			Week 3			Week 4		
	Exercise		Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
	Chair Squats Full/Bottom/Jumps	Weight												
		Reps	25*	25*	25*	25*	25*	25*	25*	25*	25*	25*	25*	25*
	Push Ups	Weight												
		Reps	15	15	15	20	20	20	25	25	25	30	30	30
	Stationary Lunges Full/Bottom	Weight												
		Reps	12*	12*	12*	12*	12*	12*	12*	12*	12*	12*	12*	12*
	Core 250	Weight												
		Reps	1	1	1	1	1	1	1	1	1	1	1	1
	Wall Touches	Weight												
		Reps	100	100	100	100	100	100	100	100	100	100	100	100
	12 sec Sprints	Weight												
		Reps	10	10	10	12	12	12	14	14	14	16	16	16
	Yoga- 20 min	Weight												

# **WORKOUT #2**

		Week 1			Week 2			Week 3			Week 4		
Exercise		Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
YOGA X 20 MIN	Weight												
	Reps												
500 CORE	Weight												
	Reps												
16 - 12 SEC SPRINTS	Weight												
	Reps												
CALF RAISES FRONT/IN/OUT 50	Weight												
EACH X 3	Reps												
150 PUSHUPS	Weight												
	Reps												

#### Core

FEET 2" OFF GROUND X 25

**Opposite Arm/Opposite Leg JACK-KNIFE X 12/12** 

**REACH TO TOES X 25**