AT HOME WORKOUT #2

Warm Up

Pound Feet x 20 to Hip Turn x 10 each way

Stationary Single Leg Pops (Knee Locked Out) R/L 3 x 100

Stationary Lunge Jumps R/L 3 x 10

WORKOUT #1

			Week 1			Week 2			Week 3			Week 4		
Muscle Group	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
	Single Leg Squat	Weight												
	Jumps R/L	Reps	12	12	12	12	12	12	14	14	14	14	14	14
	Step Overs	Weight												
		Reps	40	40	40	40	40	40	40	40	40	40	40	40
	Box Jump	Weight												
		Reps	20	20	20	20	20	20	20	20	20	20	20	20
	Calf Raise	Weight												
		Reps	500	х	х	500	х	х	500	х	X	500	х	х
	Chair Squat	Weight												
		Reps	25/25/15	25/25/15	25/25/15	25/25/15	25/25/15	25/25/15	25/25/15	25/25/15	25/25/15	25/25/15	25/25/15	25/25/15
	Pushups 5 to Side Arm Balance R/L x 2	Weight												
		Reps												
	10 - 10 Sec. Sprints													
	350 Core													
	Yoga 20 Min.													

WORKOUT #2

Muscle Group			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
	Wall Touches	Weight												
		Reps	50	50	50	50	50	50	75	75	75	75	75	75
	Single Leg Wall Touches R/L	Weight												
	Touches IVL	Reps	20	20	20	25	25	25	30	30	30	35	35	35
	Russian Ankle Touches R/L	Weight												
		Reps	12	12	12	12	12	12	14	14	14	14	14	14
	Forearm to Hands -	Weight												
	Pushup - To Forearm	Reps	15	15	15	15	15	15	20	20	20	20	20	20
	Box Hell	Weight												
		Reps	5	5	5	5	5	5	7	7	7	7	7	7
	Lateral Bounding	Weight												
	Bounding	Reps	45sec	45sec	45sec									
	350 Core													
	Yoga 20 Min.													

Core

Seated Bicycle Front x 25

Seated Bicycle Reverse x 25

Dead Open Reach Opposite R/L x 25

Hips Up x 25

Side Knee to Elbow R/L x 25

Crunchy Frog x 25

Touch Hip x 50