

Strength Training- May

Warm up

1. General Movement on The Spot

jogging 30s X 2
[High Knees 30s X 2](#)
[Butt Kicks 30s X 2](#)
[Jump Jacks 30s X 2](#)
[Mountain Climbers 30s X 2](#)
[Pogo Hops 30s X 2](#)

2. Dynamic Stretching

[Worlds Greatest X 5 each side](#)
[Inch Worms X 5](#)
[Knee Hug + Lateral Lunge X 5 each side](#)
[Reverse Lunge X 5 each side](#)
[Thoracic Reach X 5 each side](#)
[Downward Dog to upward dog X 5](#)

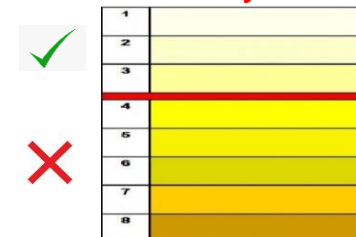
3. Activation

[Prone Leg Lifts X 12](#)
[Band External Rotation X 12 each side](#)
[Calf Raises X 30](#)
[Tall Plank Holds X 30s](#)

Strength Day 1-Hard RPE 8-9/10

Exercises	Tempo	Sets	Reps	Rest
A1 Squats	5-3-2-1	4	10	
A2 Eccentric Push Ups	3-2-3-1	4	10	90s
A3 Stationary Lunges	5-3-2-1	4	10 each side	
B1 Isomeric Upright Row	-	3	15s X 6 times	
B2 Eccentric Heel Slides	5-1-1-1	3	10	90s
B3 Banded or Weighted Reverse Fly	3-1-3-1	3	10	
B4 Clams	2-1-2-1	3	10 each side	
C1. Shoulder Taps	3-1-3-1	3	12 each side	60s
C2 V-Sits	-	3	30s	

Hydration Check: 1-3 is healthy!



Strength Day 2- Moderate RPE 6-7/10

Exercises	Tempo	Sets	Reps	Rest
A1 Glute Bridge Hold	-		45s	
A2 Y's and T's	2-1-2-1	3	10 each	
A3 Step Ups	3-1-3-1	3	10 each side	90s
A4 Monster Walks	2-1-2-1	3	10 each side	
A5 Bird Dogs	2-1-2-1	3	12 each side	
B1 Wall Supported Overhead Press	3-1-3-1	3	10	
B2 Lateral Raise	3-1-3-1	3	10	
B3 Lateral Lunge	3-1-3-1	3	10 each side	90s
B4 Handstand Holds	-	3	45s	
B5 Side Planks	-	3	45s each side	

Nutrition Post Workout Option!



Cool Down

Foam Roll Routine

[Full Body Routine](#)

Sets

1-2 times

Reps

30s-1min

Stretching Routine

[Full Body Routine](#)

Sets

1-2 times

Reps

30s-1min

Strength Training - June

Warm up

1. General Movement on The Spot

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[Mountain Climbers 30s X 2](#)
[Pogo Hops 30s X 2](#)

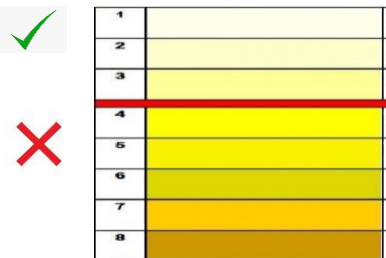
2. Dynamic Stretching

[Worlds Greatest X 5 each side](#)
[Inch Worms X 5](#)
[Knee Hug + Lateral Lunge X 5 each side](#)
[Reverse Lunge X 5 each side](#)
[Thoracic Reach X 5 each side](#)
[Downward Dog to upward dog X 5](#)


3. Activation

[Prone Leg Lifts X 12](#)
[Band External Rotation X 12 each side](#)
[Calf Raises X 30](#)
[Tall Plank Holds X 30s](#)

Strength Day 1-Moderate RPE 6-7/10

Exercises	Tempo	Sets	Reps	Rest	
A1 Glute Bridge March	-	4	60s		<p>Hydration Check: 1-3 is healthy!</p> 
A2 Lateral Raise	2-1-2-1	4	12 each side	60s	
A3 Step Ups	3-1-3-1	4	12 each side		
B1 Monster Walks	2-1-2-1	3	12 each side		
B2 Dead Bugs with Weight	2-1-2-1	3	12 each side	60s	
B3 Standing OH Press	3-1-3-1	3	12		
C1 Y's and T's	3-1-3-1	3	12 each	30s	
C2 Lateral Lunge	3-1-3-1	3	12 each side		
D1 Handstand Holds	-	3	60s	30s	
D2 Side Planks	-	3	60s		

Strength Day 2- Hard RPE 8-9/10

Exercises	Tempo	Sets	Reps	Rest	
A1 Seated Jumps	X	4	6		<p>Nutrition Post Workout Option!</p> 
A2 Weighted Squats	3-1-3-1	4	12	90s	
A3 Push ups From Feet	3-1-3-1		12		
B1 Walking Lunges	3-1-3-1	4	12 each side		
B2 Banded or Weighted Row	3-1-3-1	3	12 each side	90s	
B3 Heel Slides	3-1-3-1	3	12		
C1 Banded or Weighted Reverse Fly	3-1-3-1	3	12		
C2 Banded Monster Walk Forward and Back	3-1-3-1	3	12 each side	60s	
D1 Plank Toe Taps with Pike	-	3	15 each side	30s	
D2 V-Sits	-	3	60s		

Cool Down

Foam Roll Routine	Sets	Reps	Stretching Routine	Sets	Reps
Full Body Routine	1-2 times	30s-1min	Full Body Routine	1-2 times	30s-1min