

## Remote Strength and Conditioning Weekly Workout

### Workout #1

1. **Warm up 3-5 Minutes – Use Warm Up page as your guide**
2. **Quadruped Series**
  - Quadruped Hip Abduction – 10x each
  - Quadruped Knee Circle Backward – 10x each
  - Quadruped Knee Circle Forward – 10x each
  - Quadruped Straight Leg Reach Lateral – 10x each
3. **Body Weight Leg Circuit – 3x**
  - Execute the exercises as quickly and skillfully as possible, moving to the next exercise immediately. Recover 90 seconds at the end of each circuit.
  - Perform 3 circuits
    1. Body Weight Squats – 20x
    2. Forward Lunge Alternate – 10x each
    3. Split Squats – 10x each
    4. Squat Jumps – 10x
4. **Mountain Climber/Groiner/Thrust/Thrust Frog Circuit/Superman – 3x**
  - Execute the exercises as quickly and skillfully as possible, moving to the next exercise immediately. Recover 90 seconds at the end of each circuit.
  - Perform 3 circuits
    1. Mountain Climber – 10x each
    2. Groiner – 10x each
    3. Thrust – 10x
    4. Thrust Frog – 10x
    5. **Skydiver– 10x (new)**
      - Lie face down on the surface with the arms extended above the head and the thumbs pointing up. Legs extended, hip width apart and ankles dorsiflexed.
      - Keeping the legs and arms straight, in a smooth controlled movement, extend the hips and low back lifting the feet and arms off the training surface.
        - Pause, holding for a 2 count beat then with control return to the starting position, softly making contact.
        - Immediately repeat for the prescribed repetitions
5. **Push Ups**
  - [Hundredpushup.com](http://Hundredpushup.com) – follow 1st workout for your appropriate week.
6. **Core**
  - **Pushup Plank Position Shoulder Taps (new) – 20x each**
    1. **Start in the up/extended arm pushup position with the feet hip width apart.**

2. **Stabilize the core (flex the quads, squeeze the butt, stabilize shoulder blades)**
  3. **Begin by touching the right shoulder with the left hand, bring the hand back to the surface then touch the left shoulder with the right hand = 1 rep**
- **Supine Alphabet – 1x**
  - **Plank Rotations (new) – 20x each**
    1. **Start in the up/extended arm pushup position with the feet no greater than hip width apart.**
      - **Stabilize the core (flex the quads, squeeze the butt, stabilize shoulder blades)**
    2. **Begin by lifting the right arm off the surface, rotating the body 90 degrees until the right arm is pointing straight to the ceiling.**
      - **You will appear to be in a lateral triangle position**
        - **Maintain stable body position.**
      - **Once in this position, return to the starting position and repeat with the left arm, rotating likewise.**
      - **Right side/left side = 1 rep**

**Workout # 2 on the next page**

## **Workout #2 Week 2 Remote Strength & Conditioning**

Today we will **complete this circuit two times. Take 2 minutes between circuits**

### **Warm Up – Use Warm Up page as your guide**

Spend 3-5 minutes with light activity, your choice. (Warm up menu with ideas but no technical explanation attached)

- **Speed Squat – 10x**
- **Supine 2 Leg Hip-Lift – 10x**
- **Push Ups – 10x**
- **Squat Jumps – 10x with maximum effort.**
- **V-Up Alternate – 10x each (see picture illustration)**
- **Lunge Backward – 10x each**
- **Handwalk Circle – 360-degrees each direction (see picture illustration)**
- **Mountain Climber – 10x each as quickly as possible**
- **Russian Twist – 20x**
- **Push ups – 15x**
- **Supine 2 Leg Hip-Lift – 10x**
- **Thrusters – 10x as quickly as possible with focused technique**
- **Reverse Crunches – 20x**

**Rest 3-5 minutes**

- **[hunderedpushup.com](http://hunderedpushup.com) workout #2 for your appropriate week**
  - You should have read the program on the website and written out your workout to follow

**Workout #3 is on the next page**

## **Workout #3 Week 2 Remote Strength & Conditioning**

**This workout is almost the same as workout #3 from week 1. What is different is that there is another set of burpees in the exercise circuit. Do your very best to maintain pace, technical skill, and speed of movement here. You**

### **Warm Up – Use Warm Up page as your guide**

Spend 3-5 minutes with light activity, your choice. (Warm up menu with ideas but no technical explanation attached)

### **Balance**

- **Balance Single Leg – 30 seconds each leg**
- **Balance Single Leg Draw Alphabet – 1x each leg**
- **Balance Scale Front – 5x each leg**
- **Balance Single Leg Hop –5x each leg**

### **Strength**

- **hundredpushus.com workout #3**
  - You should have read the program on the website and written out your workout to follow
- **Circuit the following exercises: Perform 4 circuits. Do not stop to rest between exercises. You may take 1-minute rest between circuits.**
  - **Lateral Lunge – 10x each**
  - **Single Leg Box Squat or Pistol Squat – 8x each**
  - **Burpee – 10x**
  - **Inchworm Forward & Backward – 5x**
  - **Burpee – 10x**

### **Core**

- **Lateral Plank Hip lift – 15x each side**
- **Prone Plank – 2 minutes**
- **Lateral Plank Hip Lift – 15x each side**
- **6-Pack Scap Routine – 20x each**

**Core Circuit optional – See pages menu**

**Stretch or Foam Roll if able**

