

Week #4 - Remote Strength and Conditioning

Experiment with your warmups if you can. Bear Crawls and Crab Walks would be great if you have space to do them. There is a 4th set of the Body Weight Leg Circuit beginning this week. Continue to execute with skill and speed and really try to maximize the height of your Squat Jumps. I've gotten feedback that the Mountain Climber Series is most difficult for many of you, so this week is the same as last. Focus on your core strength, keeping your hips low. Flutter Kicks were added at the end of the core workout.

Workout #1

1. **Warm up 3-5 Minutes – Use Warm Up page as your guide**
2. **Quadruped Series**
 - Quadruped Hip Abduction – 12x each
 - Quadruped Knee Circle Backward – 12x each
 - Quadruped Knee Circle Forward – 12x each
 - Quadruped Straight Leg Reach Lateral – 12x each
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3. **Body Weight Leg Circuit – 4x (new)**
 - 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 4 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 etc.**
 - Execute the exercises as quickly and skillfully as possible. This week do this section as multiple set training. Complete each set, rest 15 seconds, perform next set, etc. Recover 15 seconds between exercises
 1. Mountain Climber – 3x12 each (15 sec. rest between sets)
 2. Groiner – 3x12 each (15 sec. rest between sets)
 3. Thrust – 3x12 each (15 sec. rest between sets)
 4. Thrust Frog – 3x12 each (15 sec. rest between sets)
 5. Skydiver– 3x12 each (15 sec. rest between sets)
 6. Push Up Plank Positions Shoulder Taps – 12x each (15 sec. rest between sets)
5. **Push Ups**
 - Hundredpushups.com – follow 1st workout for your appropriate week.
6. **Core** – Work at your pace. Reset low back into the surface as needed.
 - Supine Alphabet – 1x
 - Plank Rotations Alternate (right,left = 1 rep) – 20x each
 - V-Up Alternate – 20x each
 - Flutter Kicks – 40x each (see Core Ab Circuit handout for description) (**new**)

Week 4, Workout #2 Remote Strength & Conditioning

Complete this circuit 2 times. Take 2 minutes between circuits. There are two new exercises this week. Review before beginning.

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 – 15x
- Supine 2 Leg Hip-Lift – 20x
- Push Ups – 10x
- Squat Jumps – 12x with maximum effort.
- V-Up Alternate – 15x each
- Supine 1 Leg Hip-Lift – 10x each
- Push Up Plank Position Knee Abduction Alternate - 10x each (from push up plank position, flex right hip, bending the knee to 90 degrees, abduct leg (turn hip/leg parallel to surface) bringing the right knee outside the right elbow. Return to starting pos. and execute same with the left leg = 1 Rep) **(new)**
- Push Up Position Mountain Climber Taps Alternate – 10x each. Begin in Plank Push up position. As you punch the right leg forward simultaneously tap the right foot with the left hand. Quickly return to starting position and execute with the opposite side. Tap right foot with left hand then left foot with right hand = 1 Rep **(new)**
- Russian Twist – 20x
- Push ups – 15x
- Supine 2 Leg Hip-Lift – 20x
- Burpees – 10x (jump coming out of the squat position) **(new)**
- Body Curl Ups – 20x

Rest 3-5 minutes

- **hunderedpushups.com workout #2 for your appropriate week**

Week 4, Workout #3 Remote Strength & Conditioning

This workout is almost the same as workout #3 from last week. I've changed the Balance to a circuit. Do your very best to maintain pace, technical skill, and speed of movement here.

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 – Circuit through 2x (little or no rest between exercises or sets) Hold something of weight away from the body.

- Balance Single Leg – 30 seconds each leg
- Balance Single Leg Draw Alphabet – 1x each leg
- Balance Scale Front – 10x each leg
- Balance Single Leg Hop – 10x each leg

Strength

- **hundredpushups.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 (jump when coming out of the squat position) **(new)**
 - Inchworm Forward & Backward – 5x
 - Burpee – 10x (jump when coming out of the squat position) **(new)**
 - Reverse Lunges – 10x each **(new)**

Core

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

Core Circuit optional – See pages menu. Don't neglect to do the 6-Pack Scap Routine

Stretch or Foam Roll if able