

## **Week #6 - Remote Strength and Conditioning**

I strongly believe that all of you can benefit from greater hip mobility and flexibility so the Broomstick/Hurdle Warm Up remains as a component of the workout. Your hundredpushups workout is back in the day 1 training. Follow the appropriate level for you. The body weight leg circuit remains at 4 sets. Work hard to a.) maintain great form, and b.) move with more speed. Greater speed equates to more power. Stay focused on core control when doing the Mountain Climber Series. Improved core strength is the keystone for all strength and power improvement....always focus on your form and posture.

### **Workout #1**

- 1. Broomstick/Hurdle Warm Up – See attachment for instructions.**
  - Forward Step Overs and Back – 10x each
  - Lateral Step Overs – 10x
  - Forward Step Unders – 10x each
  - Lateral Step Unders – 10x
  - Inchworms – 10x
- 2. Quadruped Series – keep hips stable, back neutral.**
  - Quadruped Hip Abduction – 14x each
  - Quadruped Knee Circle Backward – 14x each
  - Quadruped Knee Circle Forward – 14x each
  - Quadruped Straight Leg Reach Lateral – 14x each
- 3. Body Weight Leg Circuit – 4x**
  - 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, moving to the next exercise immediately. Recover 2 minutes at the end of each circuit.
  - Perform 3 circuits
    1. Mountain Climber –12x each
    2. Groiner –12x each
    3. Thrust – 12x each
    4. Thrust Frog – 12x each
    5. Superman/Skydiver– 12x each
    6. Push Up Plank Positions Shoulder Taps – 12x each
- 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)

## **Week 6, Workout #2 Remote Strength & Conditioning**

**Complete this circuit 3 times.** Take 2 minutes between circuits. Review before beginning. Small changes.

### **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 – 20x
- Supine 2 Leg Hip-Lift – 20x
- Push Ups – 10x (**substitute in bench dips 15x if you have a chair or something that is stable**)
- Split Squat Jumps – 6x each with maximum effort. Do not alternate.
- 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)
- 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
- Russian Twist – 20x
- Push ups – 15x
- Supine 2 Leg Hip-Lift with heels on bench or chair (12-18”) **New** – 20x Lying on your back, place both heels on the surface of the chair or bench. Maintain 90-degree angles between the upper and lower leg. Drive the heels into the surface and press the hips into full extension.
- Burpees – 10x (jump coming out of the squat position)
- Body Curl Ups – 20x

### **Rest 3-5 minutes**

- **[hunderedpushups.com](http://hunderedpushups.com) workout #2 for your appropriate week. Report in journal how it went....good, bad, not challenging enough.**

## **Week 6, Workout #3 Remote Strength & Conditioning**

**This workout is the same as last week. The circuit that follows push ups is to be timed from start to finish. 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
- Balance Single Leg Hop – laterally stick, back and stick = 1 rep. 5x each leg. **(new)**

### **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.**
- **I want you to time this part of the workout from start to finish and record in your journal.**
  - Lateral Lunge – 10x each
  - Single Leg Box Squat or Pistol Squat – 8x each
  - Burpee – 10x (jump when coming out of the squat position)
  - Inchworm Forward & Backward – 5x
  - Burpee – 10x (jump when coming out of the squat position)
  - Reverse Lunges – 10x each

### **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**