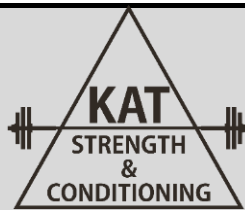


# Home Workout



# Week 1

/ /		DAY 1	/ /		DAY 2
3x12		3-way Hip Activation	3x12		Pillow Goin Squeeze
		Shoulder Wall Series			Scap Push-ups
		Superman Jacks	45 sec		Front Plank
4x8		Goblet Squat	4x8		Stationary Lunges
		4-way Bear Crawl			4-way Crab Walks
3x8		Nordic Quad Extention	3x8		Clamshells
		Staggered Hand Push-ups			Rear Delt Fly
		High-to-low Plank			Flutter Kicks
<b>NOTES:</b>			<b>NOTES:</b> On Day 3, if your body is feeling good, do a 1-mile run. If you are hurting, take a rest day before Day 4.		
/ /		DAY 4	/ /		DAY 5
3x12		Lateral Leg Series	3x12		Shinbox
		Sit-outs			Prone Y-W-T
45 sec		Bird-dog Hold			Push-up Taps
4x8		Curtsey Lunge	4x8		Step-ups
		Burpees			Ab Walkers
3x8		Single-leg Calf Raises	3x8		Infant Squats
		Perfect Push-ups			Dumbbell Skiers
		Knee-to-elbow Plank			Bicycle Crunches
<b>NOTES:</b>			<b>NOTES:</b>		

**UNDERMINE AVERAGE.**

# Home Workout



# Week 2

/ /		DAY 1			/ /		DAY 2
3x12		3-way Hip Activation			3x12		Pillow Goin Squeeze
		Shoulder Wall Series					Scap Push-ups
		Superman Jacks			45 sec		Front Plank
4x10		Goblet Squat			4x10		Stationary Lunges
		4-way Bear Crawl					4-way Crab Walks
3x10		Nordic Quad Extention			3x10		Clamshells
		Staggered Hand Push-ups					Rear Delt Fly
		High-to-low Plank					Flutter Kicks
<b>NOTES:</b>			<b>NOTES:</b> On Day 3, if your body is feeling good, do a 1-mile run. If you are hurting, take a rest day before Day 4.				
/ /		DAY 4			/ /		DAY 5
3x12		Lateral Leg Series			3x12		Shinbox
		Sit-outs					Prone Y-W-T
45 sec		Bird-dog Hold					Push-up Taps
4x10		Curtsey Lunge			4x10		Step-ups
		Burpees					Ab Walkers
3x10		Single-leg Calf Raises			3x10		Infant Squats
		Perfect Push-ups					Dumbbell Skiers
		Knee-to-elbow Plank					Bicycle Crunches
<b>NOTES:</b>			<b>NOTES:</b>				

**UNDERMINE AVERAGE.**

# Home Workout



# Week 3

/ /		DAY 1			/ /		DAY 2
3x12		3-way Hip Activation		3x12		Pillow Goin Squeeze	
		Shoulder Wall Series					Scap Push-ups
		Superman Jacks		45 sec			Front Plank
4x10		Goblet Squat		4x10			Stationary Lunges
		4-way Bear Crawl					4-way Crab Walks
3x12		Nordic Quad Extention		3x12			Clamshells
		Staggered Hand Push-ups					Rear Delt Fly
		High-to-low Plank					Flutter Kicks
<b>NOTES:</b>				<b>NOTES:</b> On Day 3, if your body is feeling good, do a 1-mile run. If you are hurting, take a rest day before Day 4.			
/ /		DAY 4				/ /	
3x12		Lateral Leg Series		3x12		Shinbox	
		Sit-outs					Prone Y-W-T
45 sec		Bird-dog Hold					Push-up Taps
4x10		Curtsey Lunge		4x10			Step-ups
		Burpees					Ab Walkers
3x12		Single-leg Calf Raises		3x12			Infant Squats
		Perfect Push-ups					Dumbbell Skiers
		Knee-to-elbow Plank					Bicycle Crunches
<b>NOTES:</b>				<b>NOTES:</b>			

**UNDERMINE AVERAGE.**

# Home Workout



# Week 4

/ /		DAY 1			/ /		DAY 2	
3x12		3-way Hip Activation		3x12		Pillow Goin Squeeze		
		Shoulder Wall Series					Scap Push-ups	
		Superman Jacks		45 sec			Front Plank	
4x12		Goblet Squat		4x12			Stationary Lunges	
		4-way Bear Crawl					4-way Crab Walks	
3x12		Nordic Quad Extention		3x12			Clamshells	
		Staggered Hand Push-ups					Rear Delt Fly	
		High-to-low Plank					Flutter Kicks	
<b>NOTES:</b>				<b>NOTES:</b> On Day 3, if your body is feeling good, do a 1-mile run. If you are hurting, take a rest day before Day 4.				
/ /		DAY 4				/ /		DAY 5
3x12		Lateral Leg Series			3x12		Shinbox	
		Sit-outs						Prone Y-W-T
45 sec		Bird-dog Hold					Push-up Taps	
4x12		Curtsey Lunge	4x12				Step-ups	
		Burpees					Ab Walkers	
3x12		Single-leg Calf Raises	3x12				Infant Squats	
		Perfect Push-ups					Dumbbell Skiers	
		Knee-to-elbow Plank					Bicycle Crunches	
<b>NOTES:</b>			<b>NOTES:</b>					

**UNDERMINE AVERAGE.**