



STRENGTH

Body Weight 3x per Week

By Coach Heather



Workout #1

Warm-Up

- Hip Mobility Leg Swings (Forward and Side to Side) 10 reps each leg, you can hold on to a chair or pole to accomplish this
- March in place while swinging arms front to back (30 seconds)
- Hip Rotations (10 each leg)
- Spider-Man Stretch (5 each leg)

Workout

FOR EACH SET: 30 seconds each exercise, go through each set 3 times before you switch to the next – minimal rest during sets

1a High Knees

1b Lunges

1c Butt Kickers

1d Mountain Climbers

Rest 45 seconds after completion of 3 sets

2a Shoulder Press

2b Shoulder Taps (in plank position)

2c Push Ups

Rest 45 seconds after completion of 3 sets

3a Sit-Ups

3b Flutter Kicks

3c Leg Raises

*Be sure to cool down with some stretching and if you have a foam roller at home, roll out those tender areas for about 30 seconds each

Workout #2

Warm-Up

- Glute Mobility (Hold Leg 5 seconds each leg, 2 reps each leg)
- Side lunges back and forth (2-3 seconds each side, 12 reps total)
- Arm Rotations; forward and backward (15 seconds each)

Workout

(If you have a resistance band, you can use it to make the workout more challenging!)

1a Bodyweight squats; *Place band around top of knees* – (3 x 30 seconds)

1b Side-step (make sure to get low and stay low); *Place band around ankles* – (3 x 30 seconds each leg)

1c Squat pulse; *Place band of top of knees* – (3 x 30 seconds)

2a Squat Thrusts (4 x10 reps)

2b Lunges (4 x10 reps)

3a Sit Ups (3 x 30 seconds)

3b Bicycles (3 x 30 seconds)

3c V-Ups (3 x 30 seconds)

*Be sure to cool down with some stretching and if you have a foam roller at home, roll out those tender areas for about 30 seconds each

Workout #3

Warm Up

- Arm Swings (20 seconds forward and backward)
- Spider-man (5 each leg, hold for 2-3 seconds)
- Lunge Side to Side (5 each side, hold for 2-3 seconds each side)

Workout

1a Jumping Squats (if you are not able to do jumping squats, take out the jumping and stick with a regular body squat) 4x10

1b Bear Crawls (forward 3 backward 3 – keeping butt low) – 4x8

2a Bootstraps (3x15)

2b Inchworms (3x15)

3a Wall Sits (4x20secs)

3b Side Lunges (4x8 each leg)

4a Ankle Taps (3x30 Seconds)

4b Russian Twists with Dumbbell (3x30 Seconds)

4c Toe Touch Crunch (3x30 Seconds)

*Be sure to cool down with some stretching and if you have a foam roller at home, roll out those tender areas for about 30 seconds each