

# EE STRENGTH

3X/Week Body Weight **at-home** Workout

By

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## Workout #1 – “You’re an animal!”

### 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

Sets: 4

Repetitions: 40 seconds working, 20 seconds rest

Complete 3 sets of each before moving to next section

**1a Duck Walk to Stand** – Squat position, walk like a duck forward – stand. Repeat backward.

**1b Runners lunge to balance – repeat on each side** - forward lunge and with a straight back, reach down to touch your heel, come up and bring your opposite leg up to balance.

**1c Inchworms**

**2a Froggers** Plank position, jump legs in like a frog and back out to plank position.

**MODIFICATION: Step back to a high plank one foot at a time, rather than jumping back.**

**2b 3-Point toe touch – repeat on each side** - Half squat position, single leg toe touch forward, side and back. Going back to squat position between each touch.

**2c Bear Crawl** – On all fours, hover knees an inch off the ground. Move one hand and the opposite foot forward an equal distance while staying low to the ground.

**3a Dead Bug** – Keep your lower back on the floor. Lie on your back, arms extended to the ceiling, bend your hips and knees. Extend left leg and right arm overhead. Return your arm and leg to the starting position. Repeat with your opposite arm and leg.

**3b Forearm plank rock** – forearm plank with a small forward and backward rocking motion

**3c Bird-dog crunch** – on all fours, extend right leg and left arm out, squeeze your abs and bring your left elbow and right leg in to meet the center of your body. Extend your arm and leg back out. **With each set switch arm and leg**

\*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 – “You’re a lumberjack now”

### Warm Up

- Arm Swings (20 seconds forward and backward)
- Spider-man (8 total, hold for 2-3 seconds)
- Lunge Side to Side (5 each side, hold for 2-3 seconds each side)
- Body weight Single Leg Russian Deadlift (8 each side)

### Workout

Sets: 4

Repetitions: 40 seconds working, 20 seconds rest

Complete 3 sets of each before moving to next section

**1a Cross jacks** – kind of like a jumping jack but crossing our arms in front of your body as well as your feet

**1b Side to side Jumps**

**1c Toe Taps** – if you have a raised curb or a bosu ball you can tap your feet on that

**2a Upper Cuts** – quick upper cut movement, keep abs activated!

**2b Wood Chops** – start high on one side and in a quick motion move your arms down and across your body to the other side. Core is engaged and hands are clenched together.

**3a Crab Kicks** – Crab position, alternate kicking one leg up at a time

**3b Plank shoulder taps** – plank position, tap your shoulder with opposite hand and repeat

**4a Windshield Wipers** – lying on your back start with bent knees at 90 and move your legs to one side come back up to starting position and move legs to opposite side, that’s one rep

**4b Crunch Chop** – legs are lifted, as you activate into a crunch open your legs and chop arms in between

**4c Standing Side Crunches**

\*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 – “MY LEGS”

### 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)

### Workout

Sets: 3

Repetitions:

**1a In and out squats** – quick in and out motion; stay low

**1b Pendulum Lunge** – quick forward and reverse lunge movement. Repeat on each side.

**2a Bulgarian Split Squats** – one leg elevated on a chair, bench or your couch. Chest high, eyes looking forward. Make sure you are pushing up with your glute and quad on your front leg!

**2b Step Ups** – using a steady chair, couch, box, curb (anything readily available)

**3a Body squats**

**3b Wall sit with leg lift** – Get in your perfect wall sit and once you have that, begin to lift one leg off of the ground, alternate legs. **If you are unable to do the leg lift, just do the wall sit.**

**4a Elbow plank**

**4b Knees to elbows**

**4c High crunches** – hands up to the ceiling, eyes up!

\*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