

PHS 2020 Spring At Home 3-Day Strength Training Workouts Weeks 5-8

Phase 2 - Weeks 5-8

Warm-up

10 Jumping Jacks

10 Seal Jacks

10 Drop Squats

10 Good Mornings

10 Lunges (5 each leg)

3 Push-ups followed by (while in the front leaning rest position) 3 forward arm circles and 3 backward arm circles (each arm)

10 Glute Bridges

DAY 1	WEEK 5		WEEK 6		WEEK 7		WEEK 8	
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
<u>Squat (dynamic - can be air squat or add load with backpack or other object)</u>	4	15	4	15	4	18	4	18
pair w/								
<u>90/90 Hip Switch w/Hip Extension</u>	4	4ea	4	4ea	4	5ea	4	5ea
<u>Push Up w/:03 Isometric Hold at Bottom</u>	4	8 or max	4	8 or max	4	10 or max	4	10 or max
pair w/								https://
<u>Prone T</u>	4	10	4	10	4	12	4	12
<u>Alternating Reverse Lunge</u>	4	10ea	4	10ea	4	12ea	4	12ea
pair w/								
<u>Single Leg Heel Raise</u>	4	12ea	4	12ea	4	15ea	4	15ea
<u>TRX or Bedsheet Row w/:06 sec Eccentric</u>	4	8 or max	4	8 or max	4	10 or max	4	10 or max
pair w/								
<u>Prayer Stretch</u>	4	5	4	5	4	5	4	5
Towel or Paper Plate Hamstring Curl w/:06 Eccentric)	4	6	4	6	4	8	4	8
pair w/								
<u>Brettzel Stretch (:30sec each side)</u>	4	:30ea	4	:30ea	4	:30ea	4	:30ea
<u>Front Raise to Lateral Raise Combo (use hou</u>	3	8ea	3	8ea	3	10ea	3	10ea
pair w/								
<u>Seated Dumbbell High Row w/External Rotation (use household item)</u>	3	8	3	8	3	10	3	10
Bench or Chair Dips		4x10		4x10		4x12		4x12
pair w/								
<u>Seated Concentration Curl</u>		3x10ea		3x10ea		3x12ea		3x12ea
Ab/Core Circuit								
<u>Double Leg Reverse Crunch</u>		3x15		3x15		3x20		3x20
<u>Arm Haulers</u>		3x10		3x10		3x10		3x10
<u>Front Plank Reach</u>		3x5ea		3x5ea		3x5ea		3x5ea

Recovery: Foam Roll/Stretch/Nutrition Uptake

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DAY 2	WEEK 5		WEEK 6		WEEK 7		WEEK 8	
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
Squat w/:06sec Eccentric (Air Squat, Backpack, Household Item)	4	10	4	10	4	12	4	12
pair w/								
Good Morning	4	10	4	10	4	12	4	12
Feet Elevated Push Up (add :03 sec isometric hold at bottom)	4	8 or max	4	8 or max	4	10 or max	4	10 or max
pair w/								
Prone A	4	10	4	10	4	12	4	12
Box/Chair Step Up w/:06 Eccentric on Step Down	4	6ea	4	6ea	4	8ea	4	8ea
pair w/								
Pidgeon Stretch	4	:30ea	4	:30ea	4	:30ea	4	:30ea
Bedsheet/Towel Inverted High Row w/:06 Eccentric (keep elbows high)	4	8 or max	4	8 or max	4	10 or max	4	10 or max
pair w/								
Squat w/Thoracic Rotation	4	5ea	4	5ea	4	5ea	4	5ea
Single Leg Backpack RDL	4	10ea	4	10ea	4	12ea	4	12ea
pair w/								
Couch Stretch	4	:30ea	4	:30ea	4	:30ea	4	:30ea
Feet Elevated Pike Shoulder Press	3	8	3	8	3	10	3	10
pair w/								
Double DB/Backpack or Household Item Row w/:03 Hold at Top	3	10	3	10	3	12	3	12
DB/Household Item Hammer Curl	4	4x10	4	4x10	4	4x12	4	4x12
pair w/								
DB/Household Item Kickback	4	3x10	4	3x10	4	3x12	4	3x12
Ab/Core Circuit								
Hollow Body Hold	10	:10/:05	10	:10/:05	12	:10/:05	12	:10/:05
Side Plank Hip Dips	1	15ea	1	15ea	1	15ea	1	15ea
Repeat Above One Time								

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DAY 3

WEEK 5

WEEK 6

WEEK 7

WEEK 8

EXERCISE

SETS

REPS

SETS

REPS

SETS

REPS

SETS

REPS

[Sumo Squat w/Offset Elevation \(use sumo stance even though video shows standard stance\)](#)

4

8ea

4

8ea

4

10ea

4

10ea

pair w/

Toe Swipes

4

5ea

4

5ea

4

5ea

4

5ea

[Push Up w/:06sec Eccentric](#)

4

8 or max

4

8 or max

4

10 or max

4

10 or max

pair w/

[Prone W to Y Raise](#)

4

5

4

5

4

6

4

6

RDL(use backpack or household item)

4

10

4

10

4

12

4

12

pair w/

[Single Leg Glute Bridge w/:03sec Hold at Top](#)

4

4ea

4

4ea

4

5ea

4

5ea

[Backpack Row w/:02 Hold at Top](#)

4

8 or max

4

8 or max

4

10 or max

4

10 or max

pair w/

[Can Openers](#)

4

5ea

4

5ea

4

5ea

4

5ea

Wall Sit

4

:30sec

4

:30sec

4

:45sec

4

:45sec

pair w/

[Fire Hydrant w/Leg Extension](#)

4

5ea

4

5ea

4

5ea

4

5ea

[Half Kneeling Single Arm Shoulder Press](#)

3

8ea

3

8ea

3

10ea

3

10ea

pair w/

[DB Upright Row/High Pull \(use household items\)](#)

3

10

3

10

3

12

3

12

[Backpack Overhead Triceps Extension](#)

4

10

4

10

4

12

4

12

pair w/

[Single Arm Backpack Curl](#)

3

10

4

10

4

12

4

12

Ab/Core Circuit

[Weighted Overhead Sit Up](#)

3

15

3

15

3

20

3

20

[Side Crunch](#)

3

15ea

3

15ea

3

15ea

3

15ea

[4 Point Superman](#)

1

15ea

1

15ea

1

15ea

1

15ea

Recovery: Foam Roll/Stretch/Nutrition Uptake