

PHS 2020 Spring At Home 3-Day Strength Training Workouts Weeks 1-4

Weeks 1 - 4

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 1		WEEK 2		WEEK 3		WEEK 4	
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
<u>Squat w/:03 sec pause at bottom (air squat, backpack, other household item)</u>	4	10	4	10	4	12	4	12
pair w/								
<u>90/90 Hip Switch</u>	4	4ea	4	4ea	4	4ea	4	4ea
<u>Push Up</u>	4	8 or max	4	8 or max	4	10 or max	4	10 or max
pair w/								
<u>Prone Y</u>	4	10	4	10	4	12	4	12
<u>Split Squat</u>	4	x8ea	4	x8ea	4	x10ea	4	x10ea
pair w/								
<u>Heel Raise (use stairway)</u>	4	x10ea	4	x10ea	4	x12ea	4	x12ea
<u>TRX or Towel(s) or Bedsheet(s) Row</u>	4	8 or max	4	8 or max	4	10 or max	4	10 or max
pair w/								
<u>Quadrupled Thoracic Rotation</u>	4	5ea	4	5ea	4	5ea	4	5ea
<u>Towel or Paper Plate Eccentric Hamstring Curl w/:05 Eccentric</u>	4	6	4	8	4	8	4	8
pair w/								
<u>Brettzel Stretch (:30sec each side)</u>	4	1ea	4	1ea	4	1ea	4	1ea
<u>Shoulder Lateral Raise (use household item)</u>	3	8	3	8	3	10	3	10
pair w/								
<u>Seated Bent Over Rear Delt Raise (use household item)</u>	3	8	3	8	3	10	3	10
<u>Triceps Bench/Chair Dip</u>		4x10		4x10		4x12		4x12
pair w/								
<u>TRX or Towel(s) or Bedsheet(s) Bicep Curl</u>		3x10		3x10		3x12		3x12
<u>Ab/Core Circuit</u>								
<u>Towel or Paper Plate Roll Out</u>		3x15		3x15		3x15		3x15
<u>Side Crunch</u>		3x15		3x15		3x15		3x15
<u>Supermans</u>		3x10		3x10		3x10		3x10

Recovery: Foam Roll/Stretch/Nutrition Uptake

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DAY 2

WEEK 1

WEEK 2

WEEK 3

WEEK 4

EXERCISE

SETS

REPS

SETS

REPS

SETS

REPS

SETS

REPS

[Sumo Squat \(Air Squat, Backpack, Household Item\)](#)

4

10

4

10

4

12

4

12

pair w/

[Walk Out Inch Worm to Calf Stretch](#)

4

4

4

4

4

5

4

5

[Cross Over Push Up](#)

4

4ea

4

4ea

4

5ea

4

5ea

pair w/

[Prone T](#)

4

10

4

10

4

12

4

12

[Box/Chair Step Up](#)

4

x6ea

4

x6ea

4

x10ea

4

x10ea

pair w/

[Pidgeon Stretch](#)

4

x:30 ea

4

x:30 ea

4

x:30 ea

4

x:30 ea

[TRX/Bedsheet Inverted High Row](#)

4

8 or max

4

8 or max

4

10 or max

4

10 or max

pair w/

[Can Opener Stretch](#)

4

5ea

4

5ea

4

5ea

4

5ea

[Single Leg RDL](#)

4

6

4

8

4

8

4

8

pair w/

[1/2 Kneeling Quad/Hip Flexor Puse](#)

4

5ea

4

5ea

4

5ea

4

5ea

[Front Delt Raise](#)

3

8

3

8

3

10

3

10

pair w/

[DB/Household Item Single Arm Row](#)

3

8

3

8

3

10

3

10

[DB/Household Item Curl](#)

4

4x10

4

4x10

4

4x12

4

4x12

pair w/

[Single Arm DB/Household Item Overhead Tricep Extension](#)

4

3x10

4

3x10

4

3x12

4

3x12

Ab/Core Circuit

[Plank](#)

10

:10/:05

10

:10/:05

12

:10/:05

12

:10/:05

Hip Dips

1

15ea

1

15ea

1

15ea

1

15ea

Repeat Above One Time

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DAY 3	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
Offset Squat	4	x6ea	4	x6ea	4	x8ea	4	x8ea
pair w/								
Squat w/Thoracic Rotation Mobility	4	4	4	4	4	5	4	5
Feet Elevated Push Up	4	x4ea	4	x4ea	4	x5ea	4	x5ea
pair w/								
Prone W Raise	4	x5ea	4	x5ea	4	x5ea	4	x5ea
Single Leg Eccentric Box Squat	4	x6ea	4	x6ea	4	x10ea	4	x10ea
pair w/								
Glute Bridge w/:05 sec Hold at Top	4	x:30 ea	4	x:30 ea	4	x:30 ea	4	x:30 ea
TRX/Bedsheet Underhand Row	4	8 or max	4	8 or max	4	10 or max	4	10 or max
pair w/								
Quadrupled Thread the Needle	4	5ea	4	5ea	4	5ea	4	5ea
Box Heel Tap	4	5ea	4	5ea	4	6ea	4	6ea
pair w/								
Fire Hydrants	4	5ea	4	5ea	4	5ea	4	5ea
Pike Shoulder Press	3	8	3	8	3	10	3	10
pair w/								
Double DB/Household Item Row	3	8	3	8	3	10	3	10
Biceps Towel Curl	4	4x10	4	4x10	4	4x12	4	4x12
pair w/								
Diamond Push Up	4	3x10	4	3x10	4	3x12	4	3x12
Ab/Core Circuit								
Weighted Overhead Sit Up	3	10	3	10	3	10	3	10
Side Crunch	3	10ea	3	10ea	3	10ea	3	10ea
4 Point Superman	3	5ea	3	5ea	3	5ea	3	5ea

Recovery: Foam Roll/Stretch/Nutrition Uptake