

PHS 2020 Spring At Home 3-Day Strength Training Workouts Weeks 9-12

Phase 3 - Weeks 9-12

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 9		WEEK 10		WEEK 11		WEEK 12	
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	25	4	25	4	30	4	30
pair w/								
<u>90/90 Hip Switch w/Hip Extension</u>	4	5ea	4	5ea	4	6ea	4	6ea
<u>Push Up w/ Rotation</u>	4	5ea	4	5ea	4	6ea	4	6ea
pair w/								https://
<u>Prone I.T.Y Combo Series</u>	4	3ea	4	3ea	4	4ea	4	4ea
<u>Forward Lunge to Reverse Lunge</u> (one leg at a time)	4	6ea	4	6ea	4	7ea	4	7ea
pair w/								
<u>Soleus Heel Raise</u>	4	12ea	4	12ea	4	15ea	4	15ea
<u>Inverted TRX/Towel/Bedsheet Row</u>	4	12	4	12	4	15	4	15
pair w/								
<u>Thread the Needle Stretch</u>	4	5ea	4	5ea	4	5ea	4	5ea
<u>Towel or Paper Plate Hamstring Curl w/o Slow Eccentric</u>	4	10	4	10	4	12	4	12
pair w/								
<u>Brettzel Stretch (:30sec each side)</u>	4	:30ea	4	:30ea	4	:30ea	4	:30ea
<u>Iso Hold Lateral Raise</u>	3	10ea	3	10ea	3	12ea	3	12ea
pair w/								
<u>Seated Dumbbell High Pull w/External Rotation to a Press</u> (These will be done in a seated position rather than prone like in the video)	3	10	3	10	3	12	3	12
<u>Triceps Kickback Iso Hold Combo Finisher</u>	4x4,3,2,1		4x4,3,2,1		4x5,4,3,2,1		4x5,4,3,2,1	
pair w/								
<u>Seated Alternating Iso Hold Bicep Curl</u>		3x6ea		3x6ea		3x8ea		3x8ea
Ab/Core Circuit								
<u>Alternating Leg V-up</u>		3x5ea		3x5ea		3x6ea		3x6ea
<u>Side Crunch</u>		3x10ea		3x10ea		3x10ea		3x10ea
<u>Plank Pull Through (modify to elbows if need be)</u>		3x5ea		3x5ea		3x6ea		3x6ea

Recovery: Foam Roll/Stretch/Nutrition Uptake

PHS 2020 Spring At Home 3-Day Strength Training Workouts Weeks 9-12

Phase 3 - Weeks 9-12

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 2

WEEK 9

WEEK 10

WEEK 11

WEEK 12

EXERCISE

SETS

REPS

SETS

REPS

SETS

REPS

SETS

REPS

[Heels Elevated Squat](#) (use backpack etc. to load movement)

4

20

4

20

4

25

4

25

pair w/

[Quad Stretch to Toe Touch](#)

4

4ea

4

4ea

4

5ea

4

5ea

[Feet Elevated Push Up \(no slow eccentric\)](#)

4

12 or max

4

12 or max

4

15 or max

4

15 or max

pair w/

[Prone Y Raise](#)

4

10

4

10

4

12

4

12

[Box/Chair Step Up With Knee Drive](#)

4

8ea

4

8ea

4

10ea

4

10ea

pair w/

[Supine Piriformis Stretch](#)

4

:30ea

4

:30ea

4

:30ea

4

:30ea

[Inverted TRX/Bedsheet/Towel High Row \(keep elbows high, no slow eccentric\)](#)

4

12 or max

4

12 or max

4

15 or max

4

15 or max

pair w/

[Can Opener Stretch](#)

4

5ea

4

5ea

4

5ea

4

5ea

[Backpack Hamstring Curl](#)

4

12

4

12

4

15

4

15

pair w/

[1/2 Kneeling Pulsed Hip Flexor Stretch](#)

4

4ea

4

4ea

4

5ea

4

5ea

[Feet Elevated Pike Shoulder Press](#)

3

10

3

12

3

12

3

15

pair w/

[Alternating DB/Household Item Row w/Iso Hold: From Hip Hing Position](#)

3

8ea

3

8ea

3

10ea

3

10ea

[Alternating DB/Household Item Iso Curl](#)

4

4x10ea

4

4x10ea

4

4x12ea

4

4x12ea

pair w/

[Bodyweight Tricep Extension](#)

4

3x10

4

3x10

4

3x12

4

3x12

[Ab/Core Circuit](#)

[Hollow Body Hold](#)

7

:20/:10

7

:20/:10

5

:30/:15

5

:30/:15

[Side Plank Hip Dips](#)

1

15ea

1

15ea

1

15ea

1

15ea

Repeat Above One Time

Recovery: Foam Roll/Stretch/Nutrition Uptake

PHS 2020 Spring At Home 3-Day Strength Training Workouts Weeks 9-12

Phase 3 - Weeks 9-12

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 3	WEEK 9		WEEK 10		WEEK 11		WEEK 12	
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
Backpack Sumo Squat	4	15	4	15	4	20	4	20
pair w/								
Good Morning Stretch	4	8	4	8	4	10	4	10
Plyo Push Up	4	5 or max	4	5 or max	4	5 or max	4	5 or max
pair w/								
Prone W to Y Raise	4	5	4	5	4	6	4	6
RDL(use backpack or household item)	4	12	4	15	4	15	4	15
pair w/								
Fire Hydrant w/Leg Extension	4	5ea	4	5ea	4	5ea	4	5ea
Backpack Row w/:06 Eccentric	4	10 or max	4	10 or max	4	12 or max	4	12 or max
pair w/								
Supine Knee Windshield Wipers	4	4ea	4	4ea	4	5ea	4	5ea
Split Squat Iso Hold (each leg)	4	:30sec	4	:30sec	4	:45sec	4	:45sec
pair w/								
Frog Glute Bridge	4	10	4	10	4	12	4	12
Single Arm DB/Home Object Push Press	3	6ea	3	6ea	3	4ea	3	4ea
pair w/								
Seated DB/Home Object Rear Delt Raise	3	10	3	10	3	12	3	12
Back Pack Supine Tricep Extension	4	10	4	10	4	12	4	12
pair w/								
Doorway TRX/Towel/Bedsheet Curl	3	10	4	10	4	12	4	12
Ab/Core Circuit								
Knee Grab Sit Up	3	15	3	15	3	20	3	20
Russian Twist	3	5ea	3	5ea	3	6ea	3	6ea
Side Plank w/Leg Lift (modify to a knee if need be)	1	5ea	1	5ea	1	5ea	1	5ea

Recovery: Foam Roll/Stretch/Nutrition Uptake