



AT HOME STRENGTH TRAINING WEEKS 1-4 | DAYS 1 & 3

STRENGTH SESSION - NO EQUIPMENT NEEDED

ADVANCED ATHLETES CAN ADD MORE CHALLENGING VARIATIONS AND/OR EXERT MORE EFFORT IN EACH REP/SET.

1. **Bodyweight Feet-Elevated Glute Bridge:** 3 sets of 20 reps
2. **Bodyweight Torso-Elevated Push-Up:** 3 sets of 10 reps
3. **Bodyweight Parallel Box Squat:** 3 sets of 10 reps
4. **Bodyweight Inverted Row:** 3 sets of 10 reps
5. **Bodyweight Side-Lying Clam:** 3 sets of 20 reps
6. **Bodyweight Side Plank:** 2 sets of 20sec

	GLUTE BRIDGE	ELEVATED PUSH-UP	BOX SQUAT	INVERTED ROW	SIDE-LYING CLAM	SIDE PLANK
SET 1						
SET 2						
SET 3						