



AT HOME STRENGTH TRAINING WEEKS 1-4 | DAYS 2 & 4

STRENGTH SESSION - NO EQUIPMENT NEEDED

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

1. **Bodyweight Glute Bridge:** 3 sets of 20 reps
2. **Bodyweight Knee Push-ups:** 3 sets of 10 reps
3. **Bodyweight Medium Step-up:** 3 sets of 10 reps
4. **Bodyweight Bent-Over YTWL:** 3 sets of 10 reps
5. **Bodyweight Side-Lying Hip Abduction:** 3 sets of 20 reps
6. **Bodyweight Plank:** 2 sets of 40sec

	GLUTE BRIDGE	PUSH-UPS	STEP-UP	YTWL	HIP ABDUCTION	PLANK
SET 1						
SET 2						
SET 3						