



AT HOME STRENGTH & CONDITIONING WEEKS 1-4 | SESSION 1

1/Ankle Strength Walks: 20 steps of each variation

- ON YOUR TOES ON YOUR HEEL
 W/ FEET INVERTED W/ FEET EVERTED

2/Jump Rope: 5-minute w/ variations

3/ Plank:

	TIME	VARIATION
SET 1	<input type="text"/>	<input type="text"/>
SET 2	<input type="text"/>	<input type="text"/>
SET 3	<input type="text"/>	<input type="text"/>

4/ Squats:

	# REPS	WEIGHT	VARIATION
SET 1	<input type="text"/>	<input type="text"/>	<input type="text"/>
SET 2	<input type="text"/>	<input type="text"/>	<input type="text"/>
SET 3	<input type="text"/>	<input type="text"/>	<input type="text"/>

5/ Leg Curl:

	# REPS	VARIATION
SET 1	<input type="text"/>	<input type="text"/>
SET 2	<input type="text"/>	<input type="text"/>
SET 3	<input type="text"/>	<input type="text"/>

6/ Curl & Press

	# REPS	WEIGHT
SET 1	<input type="text"/>	<input type="text"/>
SET 2	<input type="text"/>	<input type="text"/>
SET 3	<input type="text"/>	<input type="text"/>