



# AT HOME STRENGTH & CONDITIONING WEEKS 1-4 | SESSION 2

## 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/ Bent-Over YTWL

	# 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"/>