



DATE: --/--/--

# AT HOME STRENGTH & CONDITIONING WEEKS 5-8 | SESSION 1

## PART I/ Warm-up

1. **Easy Run**  miles

or/and **Jump Rope:** 5-minute w/ variations

2. **Ankle Strength Walks (20 steps)**

ON YOUR TOES

ON YOUR HEEL

W/ FEET INVERTED

W/ FEET EVERTED

## PART II/ Core

FIRE HYDRANTS

SCISSOR KICKS

7-WAY HIPS

SET 1

SET 2

SET 3

## PART III/ Lower Body

SINGLE-LEG  
QUARTER SQUATS

VALSLIDE  
LEG CURL

SET 1

SET 2

SET 3

## PART IV/ Upper Body

DUMBBELL  
ALTERNATING  
FRONT RAISES

LATERAL  
RAISES

DUMBBELL  
PRESSES

SET 1

SET 2

SET 3