



**At Home Program**

# Training Disclaimer

Any participation in the accompanied program is voluntary and solely done at your own risk. The information contained herein is not intended to be a substitute for professional medical advice, diagnosis or treatment in any manner. Always consult and follow the professional advice of a physician or other qualified health provider with any questions you may have regarding any medical condition and before starting any nutritional or exercise program. A proper warm-up should be completed prior to beginning the program. Neither Salisbury University nor any of its employees, agents or volunteers shall be held liable for any personal injury or damages that may result from the use of this program.



# Warm-up

## 1. Raise 2 x 10

- a. [Jumping Jacks](#)
- b. [X Jacks](#)
- c. [Line Jumps Lat](#)
- d. [Line Jumps Lin](#)
- e. [Line Hops Lat](#)
- f. [Line Hops Lin](#)
- g. [Mountain Climber](#)
- h. [Spider Climber](#)

## 2. Mobilize - :30sec ea

- a. [Lunge w/ Reach](#)
- b. [Knee Circle \(Clk/CntClk\)](#)
- d. [Kick Stand Rock Back](#)
- e. [Quad & Reach](#)
- f. [Floor Slides](#)

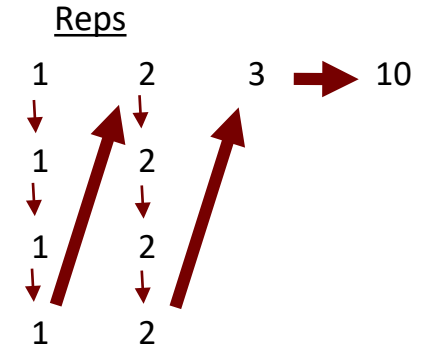
## 3. Activate & Potentiate

- a. [Broad Jump](#) 2 x 5
- b. [Scap Push-Up](#) 2 x 5

# Ladder Lift – 1 to 10

- Perform 1 Rep of Each Lift, then 2 of each and so on up to 10. Equipment: Chair, Band

- I. [Split Squat Jump](#)
- II. [Push-Up](#)
- III. [Step Up](#)
- IV. [Chair Dip](#)
- V. [Goodmornings](#)



## Variations

1. Up to 10 & Back to 1
2. Up Evens, Down Odds

## Biceps (Band) x 2

- a. [20](#), [10-5s/Ecc](#), [20](#), [:20iso](#), [20](#)



# Warm-up

## 1. Raise 2 x 10

- a. [Seal Jacks](#)
- b. [Split Jacks](#)
- c. [Staggered Jumps](#)
- d. [+ Diag Line Jumps](#)
- e. [+ Diag Line Hops](#)
- f. [Frog Jumps](#)
- g. [Cossack Squat](#)
- h. [Leg Raises](#)

## 2. Mobilize - :30sec ea

- a. [90/90 Up Down & Back](#)
- b. [90/90 Rotations](#)
- d. [Kick Stand Toe Ups](#)
- e. [Knee Dives](#)
- f. [Shoulder Circles](#) (F & B)

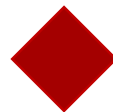
## 3. Activate & Potentiate

- a. [Rear Lunge & Drive](#) 2 x 4
- b. [Shoulder Taps](#) 2 x 8ea

# Deck of Cards

For Time or Total Deck

- Flip a card. Perform the number of reps on the card. Suit shown is the exercise you perform. Equipment (Towel, Paper Plate, or Furniture Sliders)



[Squat](#)



[Pike Push-Up](#)



[Hamstring Curl](#)



[Supine Push-Up](#)



# Warm-up

## 1. Raise – Chalk Ladder x 2ea

- a. [Skip 1 & 2 / Box](#)
- b. [Run 1 & 2 / Box](#)
- c. [High Knee 1 & 2 / Box](#)
- d. [Heel Flick 1 & 2 / Box](#)
- e. [Slalom](#)
- f. [Icky Shuffle \(F & B\)](#)
- g. [2 in 2 Out](#)
- h. [Ali Shuffle](#)
- i. [Lat High Knee](#)
- j. [Carioca](#)

## 2. Mobilize & Activate x 1 Ladder

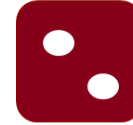
- a. [Worlds Greatest Inside](#)
- b. [Rear Lunge Diag Reach](#)
- c. [Toe Brush](#)
- d. [Quad Pull & Reach](#)
- e. [Shoulder Slap](#)
- f. [Shoulder High & Deep](#)

# Dice Lift A

- Roll 1 Die = Lift. Roll Both Dice = Reps
- Session Duration = Time 15 to 30 min.



- [Staggered Squat L](#)



- [Spiderman Push-Up](#)



- [Lateral Lunge](#)



- [I, Y, T, W](#)



- [Glute Stars](#)



- [Plank Rotations](#)



# Warm-up

## 1. Raise – 10yards x 2 ea

- a. [School Yard Skip](#)
- b. [Skip – Double Bounce](#)
- c. [Backward Skip](#)
- d. [Wide Skip \(F & B\)](#)
- e. [Single Leg Skip \(L & R\)](#)
- f. [Heel Flick Skip](#)
- g. [B Skip](#)
- h. [Carioca Skip](#)
- i. [Skip Cross In Front](#)
- j. [Skip Cross Behind](#)

## 2. Mobilize & Activate x 1 - 10yd

- a. [Worlds Greatest Outside](#)
- b. [Lunge L, R, Reach](#)
- c. [Frankenstein](#)
- d. [Heel Pull](#)
- e. [Shoulder Circles F & B](#)
- f. [Shoulder W & Press](#)

# Dice Lift B

- Roll 1 Die = Lift Roll Both Dice = Time x 5 in seconds
- Session Duration = Time 15 to 30 min.
- Equipment = 2 Chairs



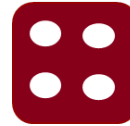
- [Skater Jump](#)



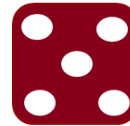
- [Incline Push-Up](#)



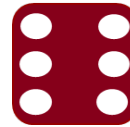
- [Mountain Climbers](#)



- [Chair T Hold](#)



- [Glute Bridge/Hip Thrust](#)



- [Russian Twist](#)



# Warm-up

## 1. Raise 2 x 10

- a. [Jumping Jacks](#)
- b. [X Jacks](#)
- c. [Line Jumps Lat](#)
- d. [Line Jumps Lin](#)
- e. [Line Hops Lat](#)
- f. [Line Hops Lin](#)
- g. [Mountain Climber](#)
- h. [Spider Climber](#)

## 2. Mobilize - :30sec ea

- a. [Lunge w/ Reach](#)
- b. [Knee Circle \(Clk/CntClk\)](#)
- d. [Kick Stand Rock Back](#)
- e. [Quad & Reach](#)
- f. [Floor Slides](#)

## 3. Activate & Potentiate

- a. [Broad Jump](#) 2 x 5
- b. [Scap Push-Up](#) 2 x 5

# Eccentric Lift – 8:0:0

- Perform 3 sets of 5 reps for each lift with a tempo of 8 sec negative (down). Followed by a quick return to starting position. Equipment – Chair, Wall, Sliders (Towel, Paper Plate, Furniture Slider)

1. [Single Leg RFE](#)
2. [Wide Push-Up](#)
3. [Hamstring Slide](#)
4. [Wall Row](#)
5. [Toe Touch to Flat](#)

## Shoulder Circuit A 2 x 15

- a. [Up, Over, Together](#)
- b. [Front Raise](#)
- c. [Scap Pinch](#)
- d. [90\\* Touchdowns](#)



# Warm-up

## 1. Raise 2 x 10

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- c. [Staggered Jumps](#)
- d. [+ Diag Line Jumps](#)
- e. [+ Diag Line Hops](#)
- f. [Frog Jumps](#)
- g. [Cossack Squat](#)
- h. [Leg Raises](#)

## 2. Mobilize - :30sec ea

- a. [90/90 Up Down & Back](#)
- b. [90/90 Rotations](#)
- d. [Kick Stand Toe Ups](#)
- e. [Knee Dives](#)
- f. [Shoulder Circles](#) (F & B)

## 3. Activate & Potentiate

- a. [Rear Lunge & Drive](#) 2 x 4
- b. [Shoulder Taps](#) 2 x 8ea

# Isometric Lift – 0:8:0

- Perform 3 sets of 5 reps for each lift with a tempo of 8 sec hold (hardest portion). Followed by a quick return to starting position and back to the hold for the next repetition. Equipment – Door Jam

1. [Pull Down](#)
2. [Single Leg Glute Bridge](#)
3. [Rotational Press](#)
4. [Single Leg Hamstring Hold](#)
5. [Overhead Press](#)
6. [RKC Plank](#)

## Glute Circuit A 2 x 15 0:3:0

- a. [Hydrant](#)
- b. [Straight Leg Hydrant](#)
- c. [Circle Forward](#)
- d. [Circle Backward](#)
- e. [Kickbacks](#)





# Warm-up

## 1. Raise – Chalk Ladder x 2ea

- a. Skip 1 & 2 / Box
- b. Run 1 & 2 / Box
- c. High Knee 1 & 2 / Box
- d. Heel Flick 1 & 2 / Box
- e. Slalom
- f. Icky Shuffle (F & B)
- g. 2 in 2 Out
- h. Ali Shuffle
- i. Lat High Knee
- j. Carioca

## 2. Mobilize & Activate x 1 Ladder

- a. Worlds Greatest Inside
- b. Rear Lunge Diag Reach
- c. Toe Brush
- d. Quad Pull & Reach
- e. Shoulder Slap
- f. Shoulder High & Deep

# Plyometric Lift

- Perform 7 sets of 5 reps for each lift as explosive as possible. Equipment – Book Bag with Books

1. Switch Squat Jump
2. Plyo Push-Up
3. Broad Jump
4. Bag Half Moons
5. Kneeling Jumps

## Shoulder Circuit B 2 x 20

- a. I's
- b. Y's
- c. T's
- d. W's
- e. Swimmers



# Warm-up

1. Raise – 10yards x 2 ea
  - a. [School Yard Skip](#)
  - b. [Skip – Double Bounce](#)
  - c. [Backward Skip](#)
  - d. [Wide Skip \(F & B\)](#)
  - e. [Single Leg Skip \(L & R\)](#)
  - f. [Heel Flick Skip](#)
  - g. [B Skip](#)
  - h. [Carioca Skip](#)
  - i. [Skip Cross In Front](#)
  - j. [Skip Cross Behind](#)
2. Mobilize & Activate x 1 - 10yd
  - a. [Worlds Greatest Outside](#)
  - b. [Lunge L, R, Reach](#)
  - c. [Frankenstein](#)
  - d. [Heel Pull](#)
  - e. [Shoulder Circles F & B](#)
  - f. [Shoulder W & Press](#)

# The Caulfield

- Perform 3 sets of each circuit, where each lift is performed for 1 minute. Equipment – Chair

1. [Squat](#)
2. [Push-Up](#)
3. [Goodmorning](#)
4. [Core \(Your Choice\)](#)
5. [Dips](#)

## Glute Circuit B 3 x 20

- a. [Jane Fonda's](#)
- b. [Heel Lifts](#)
- c. [Clams](#)
- d. [Glute Stars](#)
- e. [Single Leg Glute Bridge](#)



# Warm-up

## 1. Raise – Chalk Ladder x 2ea

- a. Skip 1 & 2 / Box
- b. Run 1 & 2 / Box
- c. High Knee 1 & 2 / Box
- d. Heel Flick 1 & 2 / Box
- e. Slalom
- f. Icky Shuffle (F & B)
- g. 2 in 2 Out
- h. Ali Shuffle
- i. Lat High Knee
- j. Carioca

## 2. Mobilize & Activate x 1 Ladder

- a. Worlds Greatest Inside
- b. Rear Lunge Diag Reach
- c. Toe Brush
- d. Quad Pull & Reach
- e. Shoulder Slap
- f. Shoulder High & Deep

# The Union

- Perform 3 Rounds. Equipment - Watch

1. Jumping Jacks x :30s
  2. Split Jacks x :30s
  3. Squats x :30s
  4. Mountain Climbers x :30s
- 
- a. Split Squat Holds x :20s ea
  - b. Hand Release Push-Ups x 10
  - c. Side Plank x :30 ea
  - d. Squat x 10
  - e. Push-Up Taps x 8 ea
  - f. 1 Leg SLDL x 10 ea
  - g. Plank x :45s
  - h. Glute Bridge x 10



## Core 1

1. [Rotations](#) 6 x :30
  - a. Back
  - b. Left
  - c. Right
  - d. Front

## Core 2

1. Big 3 - 4 x 20
  - a. [McGill Curl Up](#)
  - b. [Bird Dog](#)
  - c. [Lateral Plank](#)

## Core 3

1. Japanese Stick
  - a. [Linear](#) 4 x :15
  - b. [Lateral](#) 4 x :15

## Core 4

1. Push Series 3 x :15
  - a. [Left](#)
  - b. [Right](#)
  - c. [Double](#)
  - d. Change Planes

## Core 5

1. Crunch Series x 20
  - a. [Toe Touch](#)
  - b. [Knees to Chest](#)
  - c. [Elbow to Knees](#)  
[Feet Straight](#)
  - d. [Heel Touches](#)
  - e. [Butterfly](#)
  - f. [Oblique L & R](#)
  - g. [Russian Twist](#)

- Add 5sec Holds

## Core 6

1. Carries
  - a. [Farmers](#)
  - b. [Suitcase](#)
  - c. [Uneven](#)
  - d. [Waiters](#)

- Choose 2 – 4 x :20

## Core 7

1. Plank Series
  - a. [RKC](#)
  - b. [Walk Outs](#)
  - c. [Slides](#)
  - d. [Lateral](#)
  - e. [Lat Rotations](#)

- Choose 3 – 4 x :20

# Crawls

1. Forward – Opposite
2. Forward – Same Side
3. Backward – Opposite
4. Backward – Same Side
5. Lateral

## Variations

- a. Bent Leg
- b. Straight Leg
- c. Bent Arm Straight Leg
- d. Bent Arm Bent Leg

