At Home 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)**
   c. **Kick Stand Rock Back**
   d. **Quad & Reach**
   e. **Floor Slides**

3. Activate & Potentiate
   a. **Broad Jump** 2 x 5
   b. **Scap Push-Up** 2 x 5

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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

- 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)
   c. Kick Stand Rock Back
   d. Quad & Reach
   e. 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
   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

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