|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Body Weight Workouts** | | | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | **Day 1** | | | | | | | | | |  |
| **Day #1** | | | | | | | | | | | | |
|  | Warm up | Speed Mechanics-[HIGH KNEES](https://youtu.be/Newxff_EQMo), [BUTT KICKS](https://youtu.be/JzYZXZOVqtg), [A-SKIP](https://youtu.be/Zf4rGBOCs60) | | | |  |  |  |  |  |  |  |
|  | Core-Front Plank 2X1 min |  |  |  |  |  |  |  |  |  |  |
|  |  | Workout | | | |  |  | | | | |  |
|  |  | Warm up (specifics) | **Sets/Reps** | **Weight** | **rest** |  |  | | | | |  |
|  |  | Bird Dogs | 2X24 (12/12) |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Levels | **Giant Set** | **Sets/Reps** | **Weight** | **rest** |  |  |  |  |  |  |  |
|  |  | Body Weigth Squats | 4X15 | BW |  |  |  |  |  |  |  |
|  |  | Sgl Leg Glute Bridges | 4X15/15 | BW |  |  |  |  |  |  |  |
|  |  | *Straight Leg lifts* | 4X15 | BW | 30 sec |  |  |  |  |  |  |
|  |  | **Giant Set** | **Sets/Reps** | **Weight/%** | **rest** |  |  |  |  |  |  |
|  |  | **Push ups** | 3X12 | BW |  |  |  |  |  |  |  |
|  |  | Scap Push ups | 3X12 | **BW** |  |  |  |  |  |  |  |
|  |  | T-s | 3X12 | BW |  |  |  |  |  |  |  |
|  |  | **Arms** | **Sets/Reps** | **Weight/%** | **rest** |  |  |  |  |  |  |
|  |  | Sgl leg RDL Hold | 3X30/30 | 10-30 lbs |  |  |  |  |  |  |  |
|  |  | Side Lunges | 3X12/12 | 10-20 lbs |  |  |  |  |  |  |  |
|  |  | **Cardio** | **Sets/Reps** | **Weight/%** | **rest** |  |  |  |  |  |  |
|  |  | Light Run | 10 minutes or 1.5 miles | |  |  |  |  |  |  |  |
|  |  | **Recovery** |  |  |  |  |  |  |  |  |  |
|  |  | Static Stretch-Hamstrings/Hips/Quads | |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | |  | | | | | |