

Week 1 Preview (At Home Athlete)

<p>Day One: HIIT Shred</p> <p>Circuit: 3 Rounds</p> <ul style="list-style-type: none"> ☐ 1min scissor kicks ☐ 1min heel taps ☐ 1min kneeling step ups *alternate which leg you start with after 30sec* ☐ 1min jump squats (with a floor tap) ☐ 1min *each side* side plank side bends <p>Core:</p> <ul style="list-style-type: none"> ☐ 4x25 reverse crunches ☐ 3x15 v ups 	<p>Day Two: Explosive Legs</p> <p>Workout:</p> <ul style="list-style-type: none"> ☐ 4x5 kneeling jumps ☐ 4x5 kneeling lateral jumps (one leg bent and one leg out to the side) ☐ 3x30sec *each leg* lateral hurdle jumps (pic a small object to jump over only using one leg) ☐ 3x30sec *each leg* continuous single-leg glute bridge jumps ☐ 3x10 lying leg curls (wear socks on a hardwood floor, slide your feet towards your glutes while having your hips in the air) <p>Core:</p> <ul style="list-style-type: none"> ☐ 400 total crunches (don't use your hands to pull your head up. If you can't do any more crunches just hold the crunch position for however many 	<p>Day Three: Upper Body</p> <p>Workout:</p> <ul style="list-style-type: none"> ☐ 3x45sec *each side* L-push ups (lean to one side, over the arm of the side you go to. Basically a modified one arm push up) ☐ 2x10 push ups AS SLOW AS POSSIBLE ☐ 3x10 lying rows (3sec squeeze at top) ☐ 3x10 straight arm slides (hands on carpet in push up position, slide your feet as far away from your hands as possible then use your arms to pull yourself up. To make it easier you can keep your shins on the ground.) ☐ 4x8 chest flies (put socks on your hands, start in a push up position, slide your hands away from you 	<p>Day Four: HIIT Shred</p> <p>Circuit: 3 Rounds</p> <ul style="list-style-type: none"> ☐ 1min squat jumps with alternating hip twists ☐ 1min standing alternating knees to opposite elbows ☐ 1min *each side* side plank reach throughs ☐ 1min decline push ups ☐ 1min wall sit <p>Core:</p> <ul style="list-style-type: none"> ☐ 3x1min alternating bicycle crunches ☐ 3x25 suitcase crunches ☐ 3x20 in-n-outs (balance on butt, lean back on hands, kick feet in and out) 	<p>Day Five: Hip/Shoulder Mobility</p> <p>Hip Routine:</p> <ul style="list-style-type: none"> ☐ 3x1min *each leg* runners pose ☐ 3x1min *each leg* deep lunge with shin on wall ☐ 3x10 *each side* open gate/close gate <p>Shoulder Routine:</p> <ul style="list-style-type: none"> ☐ 2x1min arm circles (front and back) ☐ 3x10 wall shoulder raises (keeping shoulders and elbows on the wall) ☐ 3x30sec *each arm* internal rotation with resistance (use own arm for resistance)
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reps you had left in seconds. So if you have 100 left hold it for 100 seconds)

then slide then back until you're in a push up position again.)

- Core:**
- 3x1min 6 inches
 - 3x1min v up hold (balancing on your butt)