

Week #3 - Remote Strength and Conditioning

This week there are some subtle changes from last week. The Mountain Climber series (#4) is to be done differently this week. If you are ready to progress the Body Weight Leg Circuit to 4 sets this week, go ahead....Next week it will definitely jump to 4 sets.

Workout #1

- 1. Warm up 3-5 Minutes – Use Warm Up page as your guide**
- 2. Quadruped Series**
 - Quadruped Hip Abduction – 10x each
 - Quadruped Knee Circle Backward – 10x each
 - Quadruped Knee Circle Forward – 10x each
 - Quadruped Straight Leg Reach Lateral – 10x each
 -
- 3. Body Weight Leg Circuit – 3x**
 - Execute the exercises as quickly and skillfully as possible, moving to the next exercise immediately. Recover 90 seconds at the end of each circuit.
 - Perform 3 circuits
 1. Body Weight Squats – 20x
 2. Forward Lunge Alternate – 10x each
 3. Split Squats – 10x each
 4. Squat Jumps – 10x
- 4. Mountain Climber/Groiner/Thrust/Thrust Frog Circuit/Superman etc.**
 - Execute the exercises as quickly and skillfully as possible. This week do this section as multiple set training. Complete each set, rest 15 seconds, perform next set, etc. Recover 15 seconds between exercises
 1. Mountain Climber – 3x10 each (15 sec. rest between sets)
 2. Groiner – 3x10 each (15 sec. rest between sets)
 3. Thrust – 3x10 each (15 sec. rest between sets)
 4. Thrust Frog – 3x10 each (15 sec. rest between sets)
 5. Skydiver– 3x10 each (15 sec. rest between sets)
 6. Push Up Plank Positions Shoulder Taps – 10x each (15 sec. rest between sets)
- 5. Push Ups**
 - Hundredpushup.com – follow 1st workout for your appropriate week.
- 6. Core**
 - Supine Alphabet – 1x
 - Plank Rotations – 20x each
 - V-Up Alternate – 20x each

Week 3, Workout #2 Remote Strength & Conditioning

Today we will **complete this circuit 2 times. Take, 2 minutes between circuits.**

Warm Up – Use Warm Up page as your guide

Spend 3-5 minutes with light activity, your choice. (Warm up menu with ideas but no technical explanation attached)

- Speed Squat – 15x
- Supine 2 Leg Hip-Lift – 20x
- Push Ups – 10x
- Squat Jumps – 12x with maximum effort.
- V-Up Alternate – 15x each
- Supine 1 Leg Hip-Lift – 10x each **(new)**
- Handwalk Circle – 360-degrees each direction (see picture illustration)
- Mountain Climber – 10x each as quickly as possible
- Russian Twist – 20x
- Push ups – 15x
- Supine 2 Leg Hip-Lift – 20x
- Burpees – 10x **(new)**
- Body Curl Ups – 20x **(new, see core ab circuit for explanation)**

Rest 3-5 minutes

- **hunderedpushup.com workout #2 for your appropriate week**
 - You should have read the program on the website and written out your workout to follow

Week 3, Workout #3 Remote Strength & Conditioning

This workout is almost the same as workout #3 from last week. I've changed the Balance to a circuit. Do your very best to maintain pace, technical skill, and speed of movement here.

Warm Up – Use Warm Up page as your guide

Spend 3-5 minutes with light activity, your choice. (Warm up menu with ideas but no technical explanation attached)

Balance – Circuit through 2x (little or no rest between exercises or sets)

- Balance Single Leg – 30 seconds each leg
- Balance Single Leg Draw Alphabet – 1x each leg
- Balance Scale Front – 10x each leg
- Balance Single Leg Hop – 10x each leg

Strength

- **hundredpushus.com workout #3**
 - You should have read the program on the website and written out your workout to follow
- **Circuit the following exercises: Perform 4 circuits. Do not stop to rest between exercises. You may take 1-minute rest between circuits.**
 - Lateral Lunge – 10x each
 - Single Leg Box Squat or Pistol Squat – 8x each
 - Burpee – 10x
 - Inchworm Forward & Backward – 5x
 - Burpee – 10x

Core

- Lateral Plank Hip lift – 15x each side
- Prone Plank – 2 minutes
- Lateral Plank Hip Lift – 15x each side
- 6-Pack Scap Routine – 20x each

Core Circuit optional – See pages menu

Stretch or Foam Roll if able

