

Strength Training Options for at Home

There are 4 different workouts you can choose from and rotate with week to week
 Each workout has 6 stations that you will rotate through twice going 1:30 at each station
 If you don't have some of the equipment, you can improvise. Medicine Balls- use a weight or something heavy you can hold. Boxes- use something that you can jump onto that is stable (bench or stairs)

Workout A		Workout C
Burpees for 45 seconds, Crunches for 45 seconds		Burpees for 45 seconds, Crunches for 45 seconds
Walking Lunges		Walking Lunges
Skaters with a knee drive- 45 seconds each side		Skaters with a knee drive- 45 seconds each side
Clamshells- 45 seconds on each side		Clamshells- 45 seconds on each side
Box Jumps- 45 seconds for each exercise-Regular box jumps, Tap Jumps		Box Jumps- 45 seconds for each exercise- Regular box jumps, Depth Jumps
Hip Hike- 45 seconds on each side		Hip Hike- 45 seconds on each side
Workout B		Workout D
Push Ups- 45 seconds, Fire Hydrants for 45 seconds		Push Ups- 45 seconds, Fire Hydrants for 45 seconds
Walking Lunge with Medicine Ball Twist		Walking Lunge with Medicine Ball Twist
Tricep Dips for 45 seconds, Squats in place for 45 seconds		Tricep Dips for 45 seconds, Squats in place for 45 seconds
Plank- 30 seconds each, Forward, Side, Side		V- Ups- How many you can do in 1:30
Line hops- 45 seconds side to side 45 seconds front to back		Line hops- 45 seconds side to side 45 seconds front to back
Medicine Ball with a Partner- 45 seconds for each exercise- Side to Side, Overhead/through legs		Medicine Ball with a Partner- 45 seconds for each exercise- Side to Side, Overhead/through legs