

Foundational Strength

Week 8

Day 1 Workout 1			
Exercise	Sets	Repetitions	Comments
Arm Circles	1	20	Complete 20 in each direction
Landmine Rotation	3	10	10 each side
Jumping Jacks	4	20	
Push-ups	4	30 seconds	Stop when form breaks down and rest.
Chair Dips	5	10	
Tables	4	20 seconds	
Leg Pistons	3	30 seconds	
Shoulder Cross-over Stretch	2	20 seconds	2 times each arm

Day 2 Workout 3			
Exercise	Sets	Repetitions	Comments
Starfish	1	8	
Superman with Flutters	5	20 seconds	
Sweeps	4	20	20 to each side
Line Jumps	4	60	20 both feet, 20 right foot, 20 left foot
Plank	4	20 seconds	
Shoulder Bridge	4	20 seconds	
Twist with Ball	4	10	10 to each side
Crossover Stretch	3	15 seconds	
Single Leg Stretch	3	15 seconds	

Day 3 Workout 4			
Exercise	Sets	Repetitions	Comments
Single Leg Squat and Hold	1		5 count at each position
Arm Swings	1	20	20 swings with each arm
Walking over the Top	4	4	4 times across the room and back
Ball Chops	4	10	Complete 10 to each side
Quick Feet	3	80	Jump quarter turn every 20 steps
One legged chair squats	4	10	5 squats each leg per set
Elevators	3	15	
Kneeling Standing Get-ups	3	20	Complete 10 each leg per set
Double Leg Stretch	3	20 seconds	
Butterfly Pose	3	15 seconds	
Quadriceps Stretch	1	15 seconds	Stretch each leg 1 time