

		Day 1
		Full Body
Warm up		<p>10 Scorpions in each direction https://youtu.be/aUpZafQrmhM?si=cx2Z0OT-xeOTJeih</p> <p>16 90 90s - 8 in each direction https://youtu.be/_Lc0HBYQnUQ?si=bPtqrijgBM9hTsyQT</p> <p>16 Dead bugs - 8 per side, opposite arm/leg https://youtube.com/shorts/M0n8To5V_68?si=q8vLP8kIxL4t8kVP</p> <p>6 World's Greatest Stretch with twist - 3 per side https://youtu.be/D5ki5kx3afI?si=82QNUf6I4O9ncAAs</p> <p>16 Adductor Rockbacks- 8 per side https://youtu.be/6G4xHcVYcIU?si=d5HzIE8Jm481GRAY</p> <p>6 Paused Glute Bridges w 5 second pause at the top. https://youtu.be/zEJ_3w-8CLQ?si=WQKBhSzolvyO6Hhn</p>
Plyos	2 sets	<p>6 Squat Drops https://youtu.be/oSYSo_M0Vjo?si=Mz4Wl2MZsxu2L9qO</p>
Lower body Superset	3 sets 1 min rest between sets	<p>20-25 sec Isometric Hold at the bottom of a squat +5 regular reps at the end of the iso https://youtu.be/WPxpqKI4oDfE?si=QZnjfhxCbLop7xsO</p> <p>15-20 sec Isometric Hold at bottom of split squat + 5 regular reps at end of iso (legs at 90 degree angles), 30s rest between legs https://youtu.be/9A55-qgjlrl?si=n3FlbzrllqrmMVMd</p> <p>16 Banded Sideways Shuffles - 8 per side https://youtu.be/54282Z7sRSg?si=w48Fma4Ar7WReJ-R</p>

Day 2
Full body
<p>10 Supine T Leg Swings https://youtu.be/mdskNqH-WZY?si=QJOCoj3N41Fhala5</p> <p>8 Adductor Rockbacks per side https://youtu.be/6G4xHcVYcIU?si=d5HzIE8Jm481GRAY</p> <p>6 Hip CARS - 3 rotations per side, clockwise and counter https://youtu.be/iSM1NfQZtEA?si=7k7KB23x-CyRu2ka</p> <p>10 Supine Hamstring Active Stretch - 5 per side, 10s hold in leg extension https://youtu.be/MNY_fUE0DPE?si=ncvMSt-tRIVnJZgS</p> <p>8 Glute Bridges + 10s isometric hold on last rep https://youtu.be/TyEamD5o9YI?si=_Uln0LW9dV44FwF8</p> <p>Prying squat - 20-30 seconds https://youtu.be/T7sO4xkf_IM?si=V7An0zzBlrwidm4k</p>
<p>10 Skater jumps- 5 per side https://youtu.be/YttG2hICE9E?si=xXbrpPzeagHSZnIS</p>
<p>8 Eccentric Step Downs (4 per side) - 3 seconds to lower the foot to the ground with control https://youtu.be/Rbg9wxfuwWI?si=JcMoVCqnLLwnJMnS</p> <p>10 Eccentric Dumbbell or Kettlebell Deadlifts - 3 seconds to lower https://youtu.be/PtpmtwF80pg?si=Y44tsurtJnnK584B</p> <p>15 sec Iso lateral squat - get into a lateral squat and hold for 15 secs. Rest 30 and then do the other side https://youtu.be/0CGdhz1eH4w?si=06WH2AwgvfWFOvG0</p>

		Day 1
		Full Body
Upper	3 sets 1 min rest	4 Eccentric Push Ups, 5 sec tempo - lower down for a count of 5 sec, use knees to come back up https://youtu.be/TIg_9YHk7dY?si=Rm8jhh1zWW-eq5rh
		16 Bench Supported Dumbell Rows w 3s pause at top - 8 per side. Heavier than previous block. https://youtu.be/jJI66hD1iXo?si=5xsVnKB_EWE6r9MM
Core	3 sets 1 min rest	25-30 sec high plank hold -forearm if high plank is too challenging https://youtu.be/zmr_1YLEOBY?si=DFC_q4PdxG2nii05
		15-20 sec Side Plank Hold https://youtu.be/AitQUJo18js?si=BTdyO3XcE-ZSgHj8
		16 Woodchoppers - 8 per side https://youtu.be/eOp-lYLS6VY?si=xDx6G3vypmi6SzGc 12 Butterfly Crunches https://youtu.be/zwBCgVrjEbl?si=L3SFnmD-duo_JRmv
Lower Leg	2 sets	12 Wall Supported Calf Raises https://youtu.be/CKwkor2uyMg?si=Gn_DPI2M7HCeNw2J 10 Tib Raises https://youtu.be/Q6CCelssBSI?si=lvLWgC3WxKkNGfUc

Day 2
Full body
12 Plank Walk Downs - start from a high plank and walk down into a forearm plank, 6 initiating with each arm https://youtu.be/FyHNJIQ4NTk?si=WUN9HL-w-1F29alj
12 Tricep dips - using bench, chair or box. https://youtu.be/ZDExXSax30?si=WlVY9KbfUyRClFU0
14 Bodysaw - get into a forearm plank and then shift your body horizontally forward and back, using your toes https://youtu.be/W03_L-14C7E?si=nWfaJ3KO6d9f4OB0
12 Plank toe reaches - 6 per side https://youtu.be/zURKRM98vvg?si=uM7ig3Kz65FGLjBr .
16 Pelvic tilt bicycles (8 per side) - keep these slow, 3 second pause at the top and then come back to center https://youtu.be/rC4b_xclZ3g?si=bHptU8zQoacU22U0
12 Toe reach crunches https://youtu.be/yU0qohcYHuE?si=GO7zpDgr7sKJgeW6
16 Heel to toe walk/walking calf raise - 8 steps per side, roll from hell to stand on toe https://youtu.be/UTTIBQ8XzqQ?si=nCW0AEp6mqZ
16 steps Heel walk - 8 per side https://youtu.be/ckdNKDbGqjM?si=RaeRwyptxZ2WZExO