

DWR Strength		Day 1	Day 2
Block 3		Full Body	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=bPtqrjgBM9hTsyQT</p> <p>20 Dead bugs - 10 per side, opposite arm/leg https://youtube.com/shorts/M0n8To5V_68?si=q8vIP8kIxL4t8kVP</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>10 Single Leg Glute Bridges - 5 per side https://youtu.be/FJ-7tbKc3n4?si=vtpo3FynyBKtcntB</p>	<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_lM?si=V7An0zzBlrwidm4k</p>
Plyos/CoD	2 sets	<p>6 Squat Drops https://youtu.be/oSYSo_M0Vjo?si=Mz4Wl2MZsxu2L9qO</p> <p>10 Back Pedals - 5 steps per foot https://youtu.be/lEotZSvrcyM?si=klomvHorN-F19njh</p>	<p>10 Skater jumps- 5 per side https://youtu.be/YttG2hICE9E?si=xXbrpPzeagHSZnIS</p> <p>Carioca - 10 in each direction https://youtu.be/zf3FAu5WaMY?si=cviNdundq6DNKh7I</p>
Lower body Superset	3 sets 1 min rest between sets	<p>5 10s Eccentric Squats - 10 seconds to come down to bottom, regular tempo on way up https://youtu.be/vA5PK9JX3jM?si=kHw-L-lyVMG34ZbX</p> <p>5 10s Eccentric Split Squats - legs at 90 degree angles, 10s to come down, regular tempo up, 30s rest between legs https://youtu.be/SFLA3ZGz420?si=SU5m9GLsqUjmH633</p> <p>20 Banded Sideways Shuffles - 10 per side https://youtu.be/54282Z7sRSg?si=w48Fma4Ar7WReJ-R</p>	<p>8 Lateral Step Downs (4 per side) - lower the foot to the ground with control https://youtu.be/KMDPpY9Lgls?si=mwiYPzkK5ebtAZA2</p> <p>10 Eccentric Dumbbell or Kettlebell Deadlifts - 3 seconds to lower, heavier than prior month https://youtu.be/PtpmtwF80pg?si=Y44tsurtJnnK584B</p> <p>15 sec Iso lateral squat - get into a lateral squat and hold for 15 secs +15 reps. Rest 30 and then do the other side https://youtu.be/OCGdhz1eH4w?si=06WH2AwgvfWf0vG0</p>

DVRT Strength Block 3		Day 1	Day 2
		Full Body	Full body
Upper	3 sets 1 min rest	5 Eccentric Push Ups, 5 sec tempo - lower down for a count of 5 sec, use knees to come back up https://youtu.be/Tlg_9YHk7dY?si=Rm8jhh1zwW-eq5rh	12 Plank Pull Throughs - 6 in each direction https://youtu.be/Bi3WWKbRuQk?si=tQ99g4dZmytcJa6-
		20 Bench Supported Dumbbell Rows w 3s pause at top - 10 per side. Heavier than previous block. https://youtu.be/jJl66hD1iXo?si=5xsVnKB_EWE6r9MM	6 eccentric Tricep dips - 3 seconds on way down, using bench, chair or box. https://youtu.be/gzu9JdcZ4fM?si=6Q1V2vpQqS-v8Ss2
Core	3 sets 1 min rest	25-30 sec Forearm Plank Hold with Reach https://youtu.be/0jxY0bg4DU4?si=JyBMyLOdZ5HLBeQB	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
		15-20 sec Side Plank Hold with reach https://youtu.be/GTpNmX04eOU?si=ri0Xs0XwmauBs22f	16 Plank toe reaches - 8 per side https://youtu.be/zURKRM98vxg?si=uM7ig3Kz65FGLjBr.
		16 Woodchoppers - 8 per side https://youtu.be/eOp-lYLS6VY?si=xDx6G3vympi6SzGc	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=bHptU8zQoacU2U0
		15 Butterfly Crunches https://youtu.be/zwBCgVrjEbl?si=L3SFnmD-duo_JRmv	10 Jack Knives https://youtu.be/EfyztZqAmpY?si=h-g7yr2zSSTl24Th
Lower Leg	2 sets	12 Wall Supported Bent leg Calf Raises https://youtu.be/Qkmx6fVxSEQ?si=-fbmNYaFj39pDbQg	16 Heel to toe walk/walking calf raise - 8 steps per side, roll from heel to stand on toe https://youtu.be/UTTIBQ8XzXQ?si=nCW0AEp6mqZ
		10 Tib Raises LVL 2 https://youtu.be/HYzv-YdUno?si=_hz0Nb4OFIR16UAZ	20 Steps Heel walk - 10 per side https://youtu.be/ckdNKDbGqjM?si=RaeRwyptx2WZExO