

DWRT Strength Training Block 4		Day 1 - Wednesday	Day 2 - Sunday
Warm up		<p>Full Body</p> <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=q8vIP8klxL4t8kVP</p> <p>6 World's Greatest Stretch with twist - 3 per side https://youtu.be/D5ki5kx3af1?si=82QNUf6l4O9ncAAs</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>Full body</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_IM?si=V7An0zzBlrwidm4k</p>
Plyos/CoD	2 sets	<p>6 Squat Jumps https://youtu.be/YGGq0AE5Uyc?si=UgefuoJDpMYJYTKb</p> <p>10 Skater jumps- 5 per side https://youtu.be/YttG2hICE9E?si=xXbrpPzeagHSZnlS</p>	<p>The following circuit is for recovery purposes. You are going to complete the movements one time through, with 30-60 seconds rest in between, as necessary.</p> <p>You are looking to do as many reps as you need to, to start feeling a burn in the muscles. Once you feel the burn, do one more rep and then move on to the next movement.</p>
Lower body Superset	3 sets 1 min rest between sets	<p>4 10s Tempo Squats - 10 seconds to come down, 10 seconds to come up https://youtu.be/BiFb8csGVUc?si=gf9Tmnw443Vm33Q-</p> <p>4 10s Tempo Split Squats - legs at 90 degree angles at bottom, 10s to come down, 5s to come up, 30s rest between legs https://youtu.be/SFLA3ZGz420?si=SU5m9GLsqUjmH633</p> <p>6 Eccentric Dumbbell or Kettlebell Deadlifts - 3 seconds to lower, heavier than prior month, med/heavy weight https://youtu.be/PtpmtwF80pg?si=Y44tsurtJnnK584B</p> <p>16 Banded Sideways Squat Shuffles - get LOW, stay LOW, 8 per side https://youtu.be/54282Z7sRSg?si=w48Fma4Ar7WReJ-R</p>	<p>Do NOT exceed this rep count, the purpose is to stimulate just enough lactate production, to in turn, stimulate HGH (human growth hormone) production. The other purpose is to encourage blood flow.</p> <p>This curcuit can be done, whenever you need to promote recovery.</p> <p>Goblet squats Sit Ups Single Leg Squats Hand Release Push Ups Reverse Lunges Russian Twists Lateral Squats Plank to Downward Dogs</p>
		<p>4 Iso Push Ups, 5 sec hold - hold for a count of 5 at bottom, use knees to come back up https://youtu.be/B29pMNe80YM?si=H_bglay2x8iyv4PC</p>	<p>Banded Rows Glute Bridges Crunches</p>

Upper	3 sets 1 min rest	14 Bench Supported Dumbbell Rows 7 per side, no pause. Medium/Heavy, go heavier than you would think. https://youtu.be/jJl66hD1iXo?si=5xsVnKB_EWE6r9MM	https://youtu.be/KLegNZd5Qtc?si=1CrIzrhoHXGXqDKL
Core	3 sets 1 min rest	15-20sec Beast Hold https://youtu.be/HoObVTu5S6M?si=WbV_7tpSW0QSKCbj	
		15-20 sec Side Plank Hold with reach https://youtu.be/GTpNmx04eOU?si=ri0Xs0XwmauBs22f 16 Woodchoppers - 8 per side https://youtu.be/eOp-IYLS6VY?si=xDx6G3vympi6SzGc 10 Jack Knives https://youtu.be/EfYztZqAmpY?si=h-g7yr2zSSTl24Th	
Lower Leg	2 sets	8 Wall Supported Tempo Bent Leg Calf Raises, 3 sec lower https://youtu.be/TFB7YrKpZNE?si=mAqhzrLe6bM----- 10 Tib Raises LVL 2 https://youtu.be/Ti6MvkKBfPA?si=K_X7VGY0V5z_5kBG	