

Week 4: Movement and Mobility: (Add **additional** 5% weight)

Day 1: Bend & Lift

Day 2: Pushing

Day 3: Cardio

Day 4: Squat & Lift

Day 5: Pulling

Day 6: Cardio

Day 7: Rest

Day 1: Bend and Lift

Full Dynamic Warm Up**Mobility Circuit, 2 rounds, 30 second rest/round**

1. [Pigeon Stretch](#) 30 Seconds/side
2. [Frog Stretch](#) 30 Seconds
3. [T-Spine Rotation](#) 30 Seconds

Core Circuit, 3 rounds, 30 second rest/round

1. [Elbow Plank](#) 30 Seconds
2. [Side Elbow Plank](#) 30 Seconds/Side
3. [Bridge Resistance Band](#) 10 Reps, Squeeze 2 Seconds at top
4. [Floor "A"](#) 20 Reps

Strength Training 90 second rest/ set (Add additional 5% weight)

1. [Deadlift](#) 5x12
2. [Split Squats](#) 3x10/side

Balance Training, 2 rounds, 30 second rest/round

1. [RDL Complex](#) 15 Repetitions
2. [Bird Dog](#): 20 alternating Repetitions

Static Stretching

1. [Capoeira Stretch](#) 30 seconds/side
 2. [Seal Stretch](#) 30 seconds
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Day 2: Pushing**Full Dynamic Warm Up****Mobility Circuit, 2 rounds, 30 second rest/round**

1. [Shoulder Dislocations](#) 30 Seconds
2. [Wall Lat Stretch](#) 30 Seconds
3. [Scorpion](#) 30 seconds (/side)

Core Circuit 3 rounds, 30 second rest/round

1. [Straight Arm Plank](#) 30 Seconds
2. [Straight Arm Side Plank](#) 30 Seconds/Side
3. [Band Pull-Apart](#) 20 reps
4. [Bridge Med Ball](#) 30 Seconds

Strength Training 90 second rest/ set (Add additional 5% weight)

1. [Incline Dumbbell Press](#) 3x10/side
2. [Shoulder Press](#) 3x10
3. [Push Ups](#) 3x Max

Balance Training, 2 rounds, 30 second rest/round

1. [Front Plank to Side](#) 20 Alternating
2. [Unstable Mountain Climber](#) Alternating

Static Stretching

1. [Childs Pose \(ext rot\)](#) 30 seconds/side
2. [Yoga Bridge](#) 30 seconds

Day 3: Squat and Lift

Full Dynamic Warm Up

Mobility Circuit, 2 rounds, 30 second rest/round

1. [Ankle Dorsiflexion](#) 10 Pulses/Side
 2. [Couch Stretch](#) 30 Seconds each side
 3. [Squat + T-Spine](#) 30 Seconds
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Core Circuit, 3 rounds, 30 second rest/round

1. [Hip Extension Plank](#) 20 alternating repetitions
 2. [Side Plank Hip Abduction](#) 10 Reps/side
 3. [Weighted YTA](#) 30 Total Reps
 4. [Single Leg Balance and Reach](#) 15 Reps/leg
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Strength Training 90 second rest/ set (Add additional 5% weight)

1. [Squat](#) 5x12 Repetitions
 2. [Walking Lunges](#) 3x20 Alternating Lunges
 3. [Lateral Lunge](#) 3x10 (/side)
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Balance Training, 2 rounds, 30 second rest/round

1. [Hip Dip](#) 10 Reps/side
 2. [Fire Hydrant BC](#) 10 Reps/side
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Static Stretching

1. [Pigeon Stretch](#) 30 seconds /side
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Day 4: Pulling**Full Dynamic Warm Up****Mobility Circuit, 2 rounds, 30 second rest/round**

1. [Lizard Stretch & Reach](#) 30 Seconds/Side
2. [Wall Lat Stretch](#) 30 Seconds
3. [Band Pull Apart](#) 20

Core Circuit, 3 rounds, 30 second rest/round

1. [Hip Abduction Plank](#) 20 Alternating
2. [Side Plank Hip Flexion](#) 10/side
3. [Blackburns](#) 10 total reps
4. [Knee Drive Switch](#) 20 Alternating Reps

Strength Training 90 second rest/ set (Add additional 5% weight)

1. [Band Rows](#) 3x12
2. [Bent Over Row](#) 3x10
3. [One Arm Row](#) 2x10 (/side)

Balance Training, 2 rounds, 30 second rest/round

1. [Unstable YTA \(2.5 LB\)e](#) 30 Total Reps
2. [Internal Rotations](#) 15 Reps/Side

Static Stretching

1. [Childs Pose + \(ext rot\)](#) 30 seconds/side
2. [Scorpion Stretch](#) 30 seconds /side