

Tuesday Lifting

Complete each section before you go onto the next. Each section has three sets- complete all three exercises and go back through 2 more times before moving onto the next section.

Footwork	Work on change of direction- Shuffle right, shuffle left, sprint forward, back peddle Go through this repetition none stop 3 times, rest and repeat		
Glute/Core Work	Bridge	2x :45 sec	Lay on your back with feet on the floor push up and keep your hips high creating diagonal line.
	Plank	2x 1 min	On Elbows, hips down, horizontal line
	Side plank Right/Left	2x30 sec each side	Stack your feet and have hips off the ground Put one arm up in the air creating a vertical line
Legs	1a. DB Step ups	3x6e three sets of 6 each leg	Find a weight bench or something sturdy. Step up bringing your other leg up on the bench then step back down and switch legs
	1b. Explosive Step ups	3x5e 3 sets of 6 each	This should be explosive. As you step up bring your other leg up to your chest and

		leg	straight back down to the ground.
	1c. Squats	3x10 3 sets of 10	Body weight squats
Upper Body	1a. Pushups	3x10	Body weight- Keep hips down and touch chest down to the ground
	1b. Dumbbell curls	3x8 3 sets of 8	Use 20/25 pound Dumbbells- focus on keeping your back flat and using your arms
	1c. Rows	3x8 3 sets of 8	With the two dumbbells lean over at your hips so our back is flat with the ground and have your arms hang down with the weights and pull up towards your pockets.

Daily Challenge-

Pyramid workout- (12 pushups, 12 squats, 12 situps, then move to 10 of each...ect)

- 12- Pushups, Squats, Situps
- 10- Pushups, Squats, Situps.
- 8- Pushups, Squats, Situps.
- 6- Pushups, Squats, Situps.
- 4- Pushups, Squats, Situps.
- 2- Pushups, Squats, Situps.