

# DAY 1



# LOWER BODY

## COVID-19 CONFINEMENT

	Exercise	Sets	Target Reps	*	Tempo	Rest (secs)	Notes
A1	BW Squats*	2	50	(yes 50)	2010	60	
if you cant perform 50 without stopping & lockingout take a short rest (a couple of breathes) then continue.							
Perform 1 set for abs during all rest periods below - Focus on spinal flexion (sit ups, Stability Ball Crunch)							
B1	Rear Leg Raised Bulgairian Split Squat	3	15-20		3111	0	
B2	Single Leg RDL	3	10		3010	0	
B3	Single Leg Glute Bridge	3	8-10	*2 sec isometric hold	3012	60	
C1	Heels Raised Stability Ball Hack Squat	3	8-10	Note Tempo	6030	0	
C2	Lying Stability Ball Glute Bridge	3	15-20	*2 sec isometric hold	3012	0	
C3	Lying Stability Ball Hamstring Curl	3	15-20		3010	60	

When performing these exercises pay attention to each rep, try to fatigue the muscle, keep tempo's slow, avoid locking out joints when the muscle has no tention (i.e the top of a squat)