

## **First 4 weeks strength program**

Week 1-4

Warm up - 10 minutes complete 2x

1. Half squat - 20
2. Walking lunge (only half way down) - 20
3. Jumping Jacks - 20
4. Ski Jacks - 20
5. Small to large arm circles - 20
6. Arms Criss Cross - 20
7. Jog in place - 1 minute

Main Set - 18 minutes complete 3x

Option body weight to start or lower weight. Increase your weight by 10% each week.

30 seconds on and 30 second off

1. Hollow hold - on a mat legs up and back flat
2. Wide squat - feet slightly out arms outside of legs
3. Standard Push Up
4. Mountain Climbers
5. Walking Glute Bridge - on your back with a mat rotating legs
6. Wide Push Up

Cool Down - 2 minutes

1. Static Hamstring stretch
2. Pigeon stretch
3. Calf stretch
4. Child's pose to finish