






No Equipment ++

Exercise	Sets	Reps	Picture	Notes
DB Split Squat	2-3	Failure 10-20		Perform all repetitions on 1 leg at a time. Step out far enough so that you are comfortable in the bottom position (not too close or far from the knee). Use the front leg to do most of the work.
Push-up	2-3	Failure		Keeping the shoulders down and tucking the elbows in, push up off of the floor and then return fully with control.
Elevated Glute Bridge	2-3	Failure 10-20		Lie on your back and elevate your feet. Brace the core muscles and raise your hips up by pushing your heels into the floor.
Backpack Row	2-3	Failure 10-20		Fill a backpack up with books or weights and perform a Bent-Over Row with 1 arm or 2 arms.
Jackknife / V-up	2-3	Failure		Lying on your back, bracing the core keeping the lower back pushed into the floor. Reach the hands up to touch the feet above the hips. To make it easier, do not lower the legs as far during reps.

Notes

Frequency: 2x per week with at least 1 day of rest in between

Intensity: Perform each set to failure (as many reps as possible) or until form breaks down

Perform all sets of an exercise before moving to the next

Rest 1-2 minutes between sets or until the muscles feel recovered

Progression: Increase the difficulty or rep range of the exercise once the rep range is exceeded on any set



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