

Date: February 4

### Warm-up

Warm-up 5 minutes at moderate intensity. Rate your perceived exertion on 10: 1 = easy and 10 = very very difficult (recommended intensity: 5 or 6/10).

ELLIPTICAL

6 /10  
5 min.

/10  
min.

/10  
min.

/10  
min.

/10  
min.

/10  
min.

/10  
min.

/10  
min.

/10  
min.

/10  
min.

/10  
min.

/10  
min.

### Training









### Repetitions

**Do all the exercises one after the other and start all over again for the second set.**  
**Cautious:** 2 sets (1 minute break between sets) **Courageous:** 3 sets (1 minute break between sets) **Bold:** Increase weight and do 3 sets (1 minute break between the sets)  
 Select weight (lbs). / Indicate the number of repetitions done / Indicate the number of sets done.  
 Your perceived exertion during a workout should be at 7 or 8/10.

	Standing to lying	10 to 15	- 10 / 2	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	Burpees	10 to 15	- 10 / 2	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	Push-up	10 to 15	- 10 / 2	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	From knee to squat (one at a time or jumping)	10 to 15	- 10 / 2	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	Tuck jump	10 to 15	- 12 / 2	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	Wide row	10 to 15	10 / 10 / 2	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	Walking lunge	10 to 15 / side	10 / 10 / 2	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	Jumping lunge	10 to 15 / side	10 / 10 / 2	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	Lateral raise	10 to 15	5 / 10 / 2	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /

# DETAILS - ACTIVE-STRENGTH PROGRAM

INSTRUCTIONAL VIDEO HERE.

ACTIVE-STRENGTH PROGRAM				
Exercises	Pictures	Targeted Muscles	Technique Tips	Modifications
Standing to Lying		Quadriceps Glutes Abdominals	Cross one leg and lower glutes to the floor. Once on the floor, extend body into a lying position. Return to start position in standing by reversing the movement pattern.	Use hands for assistance.
Burpees		Quadriceps Gluteus Maximus Abdominals	Place hands on the floor directly in alignment with shoulders, jump both feet back with body in full alignment from head to toes. Jump feet back in, outside of hand position and jump up to repeat the sequence again.	Walk feet back and in, one foot at a time for a "walking burpee".
Push-up		Pectorals	Position hands in line with shoulders and lower chest with elbows at 90 degrees. Keep a straight back with controlled alignment.	On knees.
From Knee to Squat		Quadriceps Gluteus Maximus	Place both knees on the floor, maintain an upright posture. Place one foot on the floor, then the other while shifting hips back and down into a squat position. Once in a squat position, lower one knee at a time to return to start position.	One foot at a time or jump into position.
Tuck Jump		Quadriceps Gluteus Maximus	Bend knees, swing arms back and ground feet to explode off the floor. Lift knees to hip height when in jump position.	Knee level.
Wide Row		Rhomboids Trapezius	Hinge from the hip at a 45 degree angle, extend arms, keep chest lifted. Open elbows at each side in alignment with shoulders. Maintain a 90 degree angle at elbows and squeeze shoulder blades together.	Lighter weight.
Walking Lunge		Quadricep Gluteus Maximus	Take a long step forward, bring back knee down towards the floor, creating two 90 degree angles at the knees. The front knee in alignment with toes and shoulders in line with hips. Repeat with other leg.	With or without weights in hand. A barbell on shoulders is also an option.
Jumping Lunge		Quadriceps Gluteus Maximus	Feet hip width apart and step one foot forward. Bring the back knee down towards the floor creating two 90 degree angles at the knees. The front knee in line with toes and shoulders in line with hips. Jump in this position and switch leg position where back leg is in front and front leg is in back.	Reduce range of motion.
Lateral Raise		Deltoids	Raise arms at each side in alignment with shoulders. Keep elbows slightly bent. Return to start position.	Lighter weight.