

GET IT DONE IN 2021

Trainers' Segment at home

WEEK 1 FOCUS	ASSESSMENTS	CORRECTIVE EXERCISES	WARM UP
Lower Body Push	FMS Squat		Pillar Bridge
Lower Body Pull	FMS Active Straight Leg Raise		90/90 Stretch
			Glute Bridge
			Glute Bridge with Hip Flexion
			Bent Over Y's
			Pillar Bridge with Arm Lift
			Reverse Lunge with Rotation
			Inverted Hamstring
THE WORKOUT		WEIGHT	NOTES
Deadlift with Halo	3 sets 10-15		Keep weight low if corrections needed
Squat	3 sets of 10-15		No weight until corrections improve
Step ups with leg abduction option	2 sets 10 each side		No weight if working balance component and not steady
Drop Lunges	2 sets of 10 each side		
Lateral Lunges with Row	2 sets of 16 alternating legs		No weight if pain - body weight if pain free
Rotational Component - Lunges with med ball rotational hold or slam option	2 sets of 10		Med ball twist - only use slam ball if slamming (med balls bounce)

