

GET IT DONE IN 2021

Trainers' Segment at home

WEEK 1 FOCUS	ASSESSMENTS	CORRECTIVE EXERCISES	WARM UP
Upper Body Push	FMS Rotary Stability		Pillar Bridge
Upper Body Pull	FMS Shoulder Mobility		90/90 Stretch with Arm Sweep
			Glute Bridge
			Bent Over Y's
			Pillar Bridge with Arm Lift
			Lateral Pillar Bridge with Rotation
			Reverse Lunge with Rotation
			Reverse Lunge with Rotation
THE WORKOUT		WEIGHT	NOTES
Bent Over Row	2-3 sets of 10-15		Keep Weight Low If Corrections Needed
Upright Row	2-3 sets of 10-15		
Side Woodchopper or TRX Power Pull	2 sets 10 each side		
Chest Press with Shoulder Stability	2-3 sets of 10 each side		
Chest Press with Rotation	2-3 sets of 10 each side		
Push Up Varieties			Use a Book, BOSU, Medicine Ball
BONUS - Plank with Rows	3-5 sets of 8-10 reps		Use Multi Hand Positions

