

POWER STRENGTH

TRAINING SYSTEMS

Bodyweight Strength

Bodyweight Lower Body Strength			
1	A	Rear Leg Elevated Split Squat – 1.5 reps	4x8 each
	B	Split Squat	4x10 each
	C	Split Squat Iso Hold	4x15 sec each
2	A	Foot Elevated Hip Thrust – 2s pause at top	4x10-15 each
	B	Slider/Towel Leg Curl	4x10-15
3	A	Squat to Lateral Lunge	3x8 each
	B	Cossack Squat - Slow	3x10
	C	Side Plank Dip to Leg Raise	3x10 each
	D	Slider/Towel Body Saw	3x10-15

Notes: Getting great work out of bodyweight lower body is going to require a bunch of focus and time under tension – go slow and perform perfect reps throughout. You could elect to add some weight to the squats, lunges, and split squats. 1A, 1B, and 1C should be performed all on one leg before moving to the next – you'll RLESS with your right in front, split squat with your right in front, iso hold with your right in front, and then move on to the left. "Towel Leg Curl" and "Towel Body Saw" should work on any smooth surface.

Bodyweight Upper Body Strength			
1	A	Lateral Handwalk	4x10 steps each
	B	Pushup, Downward Dog, Foot Tap	4x4+ each
2	A	Surfboard to T – 3s hold each	4x8
	B	Alternating Blackburns	4x10
3	A	Plank to Pushup to Shoulder Tap	3x10+
	B	Straight Leg Situp	3x10+

Notes: This can be a great opportunity to add a little weight – on your back for pushups and/or light weights in your hands for Surfboards and Blackburns. If you don't have a ton of space for "Lateral Handwalk" you can always break it up into smaller chunks. If you have a band or light weights you should also add some direct arms and shoulders work.