

POWER STRENGTH

TRAINING SYSTEMS

At-Home Athlete Training Strategies

How to:

These resources are meant to act as a recommendation for continued training over extended periods outside the gym. Just like your regular training, all warmups and workouts should be scaled to your ability level. If you have access to weights and/or bands you can certainly add resistance as you see fit. All blue movements and warmups are hyperlinked to videos – click (or ctrl+click/cmd+click) to be taken to a video demonstrating how to perform the exercise, and if you scroll down to the description there are also some cues.

Suggested use:

Do something every day. Even if you can only dedicate 10 minutes to going through one of the warmups, be sure to do so. On days when you have more time get through a good warmup and add a workout on top. There are multiple options for completing this program indoors/outdoors and weighted/bodyweight. One option for a weekly rotation would look like the following:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lower Body Strength	Upper Body Strength	Full Body Power	Conditioning	Lower Body Strength	Upper Body Strength	Full Body Power

Boosting your immune system:

Hands down the best thing you can do to stay healthy with a break in training is sleep well. Create a schedule, and try to maintain both the quality and the quantity of your sleep as best you can. Next best things you can do are drink water and eat well. The hydration is all about keeping your water intake top of mind, and making sure that you work hydration into your new schedule. Eating well involves keeping as much variety in your foods as you can, and making sure that you're hitting (or ideally, exceeding) the recommended vegetables and fruits intake every day.

Stress:

Being out of your normal routine and being away from training is going to be stressful. Work your sleep, create a new temporary schedule, make sure you stay productive through your day, and get outside if and when possible. Limiting stress and handling stress are both great ways to help boost your immune system as well.