

Strength Training 1

jaci wilson runs



Week 1: 2 rounds of 12 reps, complete all moves before doing second round of each move

Week 2: 3 rounds of 8 reps, complete all moves before doing second round of each move

Week 3: 3 rounds of 8 reps, complete 1st block before moving on to 2nd block

Week 4: 2 rounds of 12 reps, complete 1st block before moving on to 2nd block

Day 1 (Lower Body)

- Alternating reverse lunges
- Single leg RDL with kickstand
- Standing hinge
- Curtsy squats

- Sumo squats
- Single leg bridge with band
- Lateral lunges
- Clam shells

Day 2 (Upper Body)

- Chest press
- Lat pull over with leg raise
- Upright row

- Hammer curl
- Bent over row
- Skull crushers

- Weighted hip drops
- Plank reach outs

Core

- Plank
- Side planks
- Bird dogs
- Dead bugs
- Single leg glute bridge
- Copenhagen planks

Mobility

- 90/90 hip switches
- Kneeling hip flexor stretch
- Kneeling adductor rock
- Runner's lunge to twist
- Lunge to hamstring rock
- Hip flexor to ankle dorsiflexion rock
- Thread the needle
- Frog hip stretch