

## **strong for the summer (v. 1)**

*Do set 1 of each exercise in A before resting and starting the second round of A. After 3 rounds move to B in the same format, then C.*

*\*foam roll, stretch, + hip/core warm up encouraged\**

Circuit	Exercise	Sets/Reps	Notes
<b>A</b>	<b>DB Staggered Deadlift</b>	3 x 8 each side	Flat foot leg does all the work
	<b>Legs Up DB Chest Press</b>	3 x 10	Core tight
	<b>Side Plank Hip Lifts</b>	3 x 12 each	
	<b>1/2 kneeling hamstring stretch</b>	3 x 6 each	breathe, soft knees are allowed
<i>Minimal rest, 3 rounds</i>			
<b>B</b>	<b>Contralateral Reverse lunge</b>	3 x 8	90% of weight on front foot arch, weight in opposite arm of front leg
	<b>Knee + bench Supported Row</b>	3 x 10	Broad chest, core tight
	<b>Overhead ISO Single leg dead bug</b>	3 x 10 each	Arms stay overhead - alternate legs keeping back flat
	<b>1/2 kneeling quad stretch</b>	3 x :30 per side	Can also prop back foot up on a bench or against the wall
<i>Minimal rest, 3 rounds</i>			
<b>C</b>	<b>Alt Curl And Press</b>	3 x 8 each	Soft knees
	<b>OH Tricep Extensions</b>	3 x 12	Ribs down/core tight
	<b>Suitcase March</b>	3 x 8 steps per side	core tight, chest broad, don't lean. Pause with each march
	<b>Sidelying T spine Rotation</b>	3 x 6 each way	