

# STRENGTH SESSION 1.

FOR  
HOME  
OR THE  
GYM.

## SET 1 - 3 ROUNDS

Reverse lunges

8-12 reps each side

Side plank

30 seconds each side

Calf raise off of step

15-25 reps total

## SET 2 - 3 ROUNDS

Single leg squat to chair

6-10 reps each side

High plank hold

30 seconds total

Heel elevated bridges

8-15 reps total

## SET 3 - 3 ROUNDS

Face down Y-hold

3 x 30 s holds  
30 s rest between each

## COOL DOWN

Box breathing

3-5 minutes