



Shelby Trained Athlete – Body Weight Workout

Week of April 6, 2020

While we all await the return or organized Afterschool Activities, be kind to your body this week by trying these suggested body weight workouts. Check-out the links for special instructions and tips!

Monday

Prehab

Movement Prep:

- A. [Deep Squat Pattern 3](#) 2 x 3e
- A. [Push-up](#) 2 x 10
- A. [SL Leg Lowering](#) 2 x 5e CTRL
- A. [Seal Jacks](#) x 30

BW Circuit 1: 3/4/5/6 x thru circuit 30s:15s

- A. [BW Squats](#)
- A. [Squat Jumps](#)
- B. [Close-Grip Push-Ups](#)
- B. [Push-Ups w/ sh. tap](#)
- C. [Prone Y](#)
- C. [Wall Rows](#)

BW Circuit 2: 45s:15

- A. [1.5 Squat Jumps](#)
- A. [Prone Plank w/ hip ext](#) (or [prone plank](#))
- A. [Split to Squat Jumps](#)
- A. [Alt. Deadbugs](#) (on back, opp knee/arm)



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Wednesday

Prehab

Movement Prep:

A. [Dynamic Warm-Up](#)

BW Circuit 1: 3/4/5/6 x thru circuit 30s:15s

A. [Lateral lunge](#)

A. [Tuck Jumps](#)

B. [Prone W](#)

B. [Prone Military Press](#)

C. [Inchworms](#)

C. [SL Cobra](#)

BW Circuit 2: 45s:15 x _____ rounds (available time)

A. [SL Side Hop](#)

A. [Prone Plank Get-Ups](#)

A. [Wall Mtn. Climbers](#)

A. [Prone Crossbody Mtn. Climbers](#)



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Friday

Prehab:

Movement Prep: 45s: 15s

A. Ladder ([in,in, out/ in,in,out,out lateral](#))

A. [Side Planks](#) 2 x 30s

B. Bodyweight Circuit: [Push-ups](#) x 10, [Squats](#) x 10, [Prone Military Press](#) x 10

BW Circuit 1: 3/4/5/6 x thru circuit 30s:15s

A. [Scissor Jumps](#) or [Alt. Rev. Lunges](#)

A. [1-2 Stick](#)

B. [Pike-Ups](#)

B. [Supine Mob. V-Up](#)

C. [Bodyweight Prone Pullover](#)

C. Bent-over T's

BW Circuit 2: 45s:15

A. [Alt. Power Step-ups](#)

A. [Prone Plank opp arm/leg](#)

A. [Monkey Jumps](#)

A. [Prone Plank Crunches](#)