



Shelby Trained Athlete – Body Weight Workout

Week of May 11, 2020

A strong body fuels us in everyday life, competition, and helps keep our mind sharp, too. Check-out the links for special instructions and tips to keep your body and mind in tip-top shape!

Monday

Prehab:

Movement Prep:

- A. [Split Stance T-Spine Mobs](#) 2 x 10e
- B. [Prone Planks](#) 2 x 1 20s
- B. [Quadruped w/ hip ext.](#) 2 x 5e 5s
- C. Lunge Circuit ([rev.](#), [lateral](#), [MDR](#)) 2 x 3e
- D. [Push-up w/ reach](#) 2 x 5e

**BW Circuit: 30s (plank row):30s (BW Squat) :30s (Prone Sh. Tap)
:30s rest**

- A. [Prone Plank \(opp arm/leg\)](#)
- A. [BW Squat](#)
- A. [Prone Sh. Tap](#)

BW Circuit: 30s:30s:30s:30s *same format as above

- A. [Squat Jump w/ ground touch](#)
- A. [burpee w/ push-up](#)
- A. [scissor jumps](#) (or [rev. lunges](#))

BW Circuit: 30s:30s rest

- A. [Alt. Power Step-Ups](#)
- A. [Supine Mod. Knee Tucks](#)
- A. [Frog Jumps](#)
- A. [Push-Ups](#)



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Wednesday

Prehab:

Movement Prep: 2 x 30s:15s

Circuit ([rev lunge](#), [inchworms](#), [Lateral Hurdle Over](#), [push-up w/ kick thru](#))

BW only circuit: 3 rounds 40s:20s

- A. [Tuck Jumps](#)
- A. [Walking Lunges](#)
- A. [Supine Leg Holds](#)
- A. [Close-Grip Push-Up](#)
- A. [Prone Triceps Extension](#) (or [standing tri-push down tubing](#) or band)
- A. [Prone Plank Get-Ups](#)

Cardio Circuit 2: 45/50/55s:15s x 3-5 rounds

- A. [Lateral Hurdle Jump w/ burpee \(Push-ups\)](#)
- A. [Supine Mod. Bicycle Crunches](#)
- A. [4-Square Switch](#) (2 –line FWD/BCK)
- A. [Prisoner Squat Jumps](#)



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Friday

Prehab:

Movement Prep: 45s: 15s

- A. Jog in Place
- A. [Prone Plank](#)
- A. [Prone Y's](#)
- A. [Lateral Shuffle](#)
- A. [Knee Tucks](#)

BW Ladder Circuit: 15s, 30s, 45s, 60s x 15s rest

- A. [In-Out to Squat Jump](#)
- A. [Wall Row](#)

- B. [Alt. Power Step-Ups](#)
- B. [Scissor Jumps](#) or [alt. rev. lunges](#)

Rest 2m

BW Circuit 2: 60s, 45s, 30s, 15s x 15rest

- A. [Spiderman Mob. + Kick Through](#)
- A. [Supine Mod. Knee Tucks](#)
- A. [Push-up w/ sh. Taps](#)
- A. BW [Squat Jumps](#) or [Squats](#)