



Women's Fitness Routine (At Home)			
Dynamic Warmup	Sets	Reps	Load
Cardio Piece of Choice	1	3 Minutes	Level 6
Stick Mobility OH Squat Good Morning Stretch 1 Arm Lat/Hamstring Stretch	1	15 Reps Each	Wooden Dowel
Banded Movement Lateral Walks 3 Way Toe Touch Monster Walks	1	20 Reps Each	Black
Static Band Activation (Lower) Clam Shells Hip Bridges Leg Lifts	2	20 Reps Each	Black
Static Band Activation (Upper) Band Pulses Arm Circles Retractions	2	20 Rep Each	Green
Overload 1			
Banded Squats	2	20	Black
Banded Stagger Walks		20/Leg	Black
Banded Donkey Kicks		20/Leg	Black
Banded Fire Hydrants		20/Leg	Black
Banded Drop Steps		20/Leg	Black
Banded Squat Hold w/ Abduction		20/Leg	Black
Banded 1 Leg Hip Bridge		20/Leg	Black
Rest	1:30		
Overload 2			
Burpees	2	20	15
Front Band Pulses		20	Yellow - Green
Banded Lateral Pushup Walks		10/Direction	Yellow - Green
Banded W Retractions		20	Yellow - Green
Lateral Raise/Arm Circle Combo		20/Each	Bodyweight
Bentover Rear Delt		20 Reps	2.5 - 7.5lbs
Pushups		20	Bodyweight
Rest	1:30		
Overload 3			
Sit Ups	2	20	Bodyweight
Bicycle Crunches		20/Leg	Bodyweight
Toe Touches		20	Bodyweight
Leg Lifts		20	Bodyweight
Scissors		20/Leg	Bodyweight
Flutteres		20/Leg	Bodyweight
Rest	1:30		

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