

SQUAD HOME CONDITIONING PLAN



EXERCISE	Core Strength & Balance	Leg Strength	Upper Body Strength	Abdominal Strength	Cardiovascular Fitness	Flexibility
MONDAY	Plank Hold 3x30-60secs	Wall Sit Hold 3x30-60secs	Press Ups 3x10-20reps	Dish Hold 2x20-30secs Arch Hold 2x20-30secs	Skipping 4-6x45-60secs Rest 30secs between sets	Splits 5x10secs on each leg
TUESDAY						
WEDNESDAY						
THURSDAY	Side Plank 2x20-30secs per side	Stalk Stance 2x20-30secs per side	Tricep Dips 3x10-20reps	Bum Lifts 3x10-15reps	Step Ups 4-6x45-60secs Rest 30secs between sets	Straddle Fold 10x10secs
FRIDAY						
SATURDAY	Superman Balance 2x20-30secs per side	Glute Bridge Hold 3x30-60secs	Resistance Band Ys & Ts – 1x10 of each	Dead Bugs 2x10-20 alternating sides	Running Run 5-15mins & try not to stop	Pike Fold 10x10secs
SUNDAY	REST & STRETCH DAY					