

Active Staff- This Girl Can- Train at Home

Warm Up				
No.	Exercise	Sets	Reps	Video Link
1	Thoracic Flow	1	3	Thoracic Flow
2	Deep squat flow	1	4/side	Deep squat flow
3	Glute Bridge Hold	1	30s	Glute Bridge Hold
4	W's T's, Y's, I's	1	10/letter	W's, T's, Y's, I's
5	Squat Jumps	1	5	Squat Jumps

Programme 1						
No.	Exercise	Regression/Progression	Sets	Reps	Rest	Video Link
1a.	Split Squat	R: 30s Hold P: Bulgarian Split Squat	3	6-8	-	Split Squat
1a.	Towel Lat Pull Down	R: without towel P: 12-15reps	3	8-10	60s	Towel Lat Pull Down
2a.	Hamstring Walkouts	R: Glute Bridges P: Hamstring Slides	3	6-8	-	Hamstring Walkouts
2b.	Press Ups	R: Eccentric Press up P: Decline Press up	3	8-10	60s	Press Ups
3a.	DL Calf Raise	R: Without ball P: Off step	3	12-15	-	Calf Raises with Ball
3b.	Deadbugs	R: 20 P: 40	3	30s	-	Deadbugs
3c.	Plank Shoulder Taps	R: 10 P:20	3	30s	60s	Plank Shoulder Taps

If you have any question, please contact performanceherts@herts.ac.uk