

COVID Phase I Lift		DEVELOPMENTAL			
MON		TUE. /WED		THUR. /FRI	
M.O.B.		M.O.B.		M.O.B.	
Hurdle Mobility	https://youtu.be/hVaSBcZbEt0	Hurdle Mobility / See Monday		Hurdle Mobility / See Monday	
A. Go under sideways x5 each leg					
B. Step over (face forward) x5 each leg					
C. Step over alternate legs x5 each leg					
D. Step over sideways x5 each leg					
E. Leg swings x5 each leg					
CDWP (10 yards)	Linear PAL A	CDWP		CDWP	
High Knee Walk and Grab	Wall single leg	SEE MONDAY		SEE MONDAY	
Heel up and Grab	Wall double leg				
Forward Lunge	Wall 1-2-3				
Backward Lunge	10 Second Run				
Alternate Toe Touch	Linear PAL B				
Alternate Leg Swing	Leg Swings R&L				
Spiderman	Leg Swings Across R&L				
Inch Worm	Hurdle Over R&L				
Scoop	Wall Slide Press				
Monday		Tuesday-Wednesday		Thursday- Friday	
Week 1 4/6		Week 1		Week 1	
BW/Goblet Squat 3x10		Rotational Lunges 3x10ea	https://www.youtube.com/watch?v=W	BW/Goblet Squat 3x10	
BW Lunges 3x10 (each leg)		SL Bridge March 2x5 ea		BW Lateral Lunges 3x10 ea	
Double Leg Hip Bridges 3x8		Push up flys 2x5 ea	(see you tube)	Push up Plank 3 sets of 30 sec	
Push up Taps 3x5 ea.	https://www.youtube.com/watch?v	SL Squat 3x5 ea	(use staircase rail to assist)	SL Push ups 2x10 ea leg	
Push ups 3x max reps		Hands Free Push ups 3xmax rep	https://www.youtube.com/watch?v=6c	UG Pull up ? 3x max or Inverted Row	
Suitcase Walks (bucket w/ weight)		Farmer Walk(Buckets w/ weight)	https://youtu.be/B537QMnAJjQ	Suitcase Walk (bucket w/ wt.)	
Week 2 4/13		Week 2		Week 2	
Same as Week 1		Same as Week 1		Same as Week 1	
Week 3 4/20		Week 3		Week 3	
BW/Goblet Squat 3x8 (add wt.)	Bolder/patio or cinder block	Rotational Lunges 3x10 ea.		Overhead Squat 3x5	Broomstick/ PVC Pipe
BW Split Squat 3x10 (ea. leg)		Elevated Split Squat 3x5 ea.	use stair to elevate	BW Lateral Lunges	
SL Hip Bridge 3x8 (ea. leg)		Hands free push up 3x max rep		Push up Plank 3x 45 sec.	1:30 rest in between
Push up Taps 3x6 ea.		Side plank 3x 20 sec ea. side		SL Push up 2x12 ea. Leg	
Push ups 3x max reps		Push Flys 3x5 ea.		UG Pull up 3x max or	
Suicase Walks 3x 20 yards ea.	Buckets for wt.	Farmers Walk 3x20 yards	Buckets for wt.	Rack row 3x6	
				Suitcase Walk 3x 20 yards ea.	Buckets for wt.
Week 4 4/27		Week 4		Week 4	

Same as Week 3		Same as Week 3		Same as Week 3	
WEEK 5 5/4		WEEK 5		WEEK 5	
BW/Goblet Squat 2x12	Bolder/patio or cinder block	Rotational Lunges 2x 12		BW/GobletSquat 3x12	No Weight
Elevated Push up 3x8	Use stair to elevate	Wide Grip Push ups 3x8	Rest 1:30 in between ea. set	Elevated Push up 3x max	3:00 minute rest in between
BW/Lunges 2x12 (ea. leg)		SL Squat 3x6 ea. leg	Use staircase to assist	Levated split squat 3x6 ea leg	
Push ups 3x max	3 minute rest in between	Towel Leg Curls 3x6		Push ups(wide,regular,close) 3x8	8 of each per set
Alt. SL hip Bridge 3x6	hold 2 sec. before alternating	Close grip Push ups 3x max	3:00 rest in between sets	Side Planks 3x 30 sec ea. side	
Farmers Walk 3x 25 yards	Buckets for weight	Suitcase Walk 3x25 yards	buckets for weight	Farmers Walk 3x max distance	3:00 rest in between
WEEK 6 5/11		Week 6			
Same as Week 5		Same as Week 5		Same as Week 5	