

Hilltopper 2020 Spring Home Workouts, Stretches, and Rehab Exercises

Warm-Up

2 Sets. Perform each movement for the indicated reps

30 x [Cross Jacks](#)

20 x [Crossover Toe Touches with](#)

[Rotation](#)

10 x [Alt Knee Hugs to Quad Pull](#)

30 x [Plank Jacks](#)

30 x [Glute Bridges](#)

10 x [Slow Ankle Reaches](#)

10 x [Speed Skaters with a Pause](#)

10 x [Squat to Stand with OH Reach](#)

:30 x [Side Plank](#)



WEEKS 1+2: Strength + Conditioning

MONDAY

STRENGTH CIRCUIT

:30 seconds WORK/:15 seconds REST

Directions: Perform each exercise for the prescribed amount of time. During the REST interval, transition to the next movement. Rest 1:00 at the end of each set, 4 sets total.

Example: Perform:35s of exercise #1. Then proceed to #2., #3. Etc.

MOVEMENTS:

[Hands Behind Neck Air Squat](#)

[Plank Shoulder Taps](#)

[Single-Leg RDL with Reach](#)

[Sit up](#)

Rest 1:00 then repeat from the first movement

CORE AND CARDIO

Challenge!

Set a timer and record how long it takes to do the following workout:

3 ROUNDS FOR TIME

10 [Sprawl to 180 Jump](#)

20 [Glute Bridges](#)

30 [Behind the Back Jumping Jacks](#)

TUESDAY

STRENGTH CIRCUIT

:30 seconds WORK/:15 seconds REST

Directions: Perform each exercise for the prescribed amount of time. During the REST interval, transition to the next movement. Rest 1:00 at the end of each set, 4 sets total.

Example: Perform:35s of exercise #1. Then proceed to #2., #3. Etc.

MOVEMENTS:

[Plank to Push Up](#)

[Reverse Crunch](#)

[Alternating Leg Reverse Lunge with Rotation](#)

[Bodyweight or Banded Fire Hydrants](#) (Alternating reps)

Rest 1:00 then repeat from the first movement

CORE AND CARDIO

AMRAP 8 MINS- (AS MANY ROUNDS AS POSSIBLE)

Directions: Set a timer for 8 minutes and perform the following exercises. Continue to cycle through each exercise until the time is up.

20 [Mountain Climbers](#)

20 [Alternating Leg Lifts](#)

20 [High Knees](#)

20 [Butt Kicks](#)

:30 [Front Plank](#)

WEDNESDAY

STRENGTH CIRCUIT

:30 seconds WORK/:15 seconds REST

Directions: Perform each exercise for the prescribed amount of time. During the REST interval, transition to the next movement. Rest 1:00 at the end of each set, 4 sets total.

Example: Perform:35s of exercise #1. Then proceed to #2., #3. Etc.

MOVEMENTS:

[**Squat Jacks with Floor Reach**](#)

[**Grasshopper Mountain Climbers**](#)

[**Push-Ups**](#) (From knees or plank)

[**Bodyweight or Banded Glute Kickbacks**](#) (Alternating reps)

Rest 1:00 then repeat from the first movement

CORE AND CARDIO

AMRAP 10 MINS- (AS MANY ROUNDS AS POSSIBLE)

Directions: Set a timer for 10 minutes and perform the following exercises. Continue to cycle through each exercise until the time is up.

15 [½ Burpees](#)

30 [Russian Twists](#)

30 [Plank Jacks](#)

Repeat from top

THURSDAY

STRENGTH CIRCUIT

:30 seconds WORK/:15 seconds REST

Directions: Perform each exercise for the prescribed amount of time. During the REST interval, transition to the next movement. Rest 1:00 at the end of each set, 4 sets total.

Example: Perform:35s of exercise #1. Then proceed to #2., #3. Etc.

MOVEMENTS:

[Sprawl + Knee to Elbow](#)

[Single-Leg Glute Bridge](#) Right Leg

[Dead Bug Crunch](#)

[Single-Leg Glute Bridge](#) Left Leg

Rest 1:00 then repeat from the first movement

QUALITY AND MOBILITY

AMRAP 12 MINS- (AS MANY ROUNDS AS POSSIBLE)

Directions: Set a timer for 12 minutes and perform the following exercises. Continue to cycle through each exercise until the time is up.

10 [Rock Back with Leg Abduction](#) (each side)

10 [Quadruped T Spine Rotations](#) (each side)

10 [Active Leg Drops](#) (each side)

10 [Alternating Reverse Lunge and Twist](#)

10 [Down Dog to Up Dog](#)

Repeat from top

FRIDAY

STRENGTH CIRCUIT

:30 seconds WORK/:15 seconds REST

Directions: Perform each exercise for the prescribed amount of time. During the REST interval, transition to the next movement. Rest 1:00 at the end of each set, 4 sets total.

Example: Perform:35s of exercise #1. Then proceed to #2., #3. Etc.

MOVEMENTS:

[SuperWomans](#)

[Squat and Knee to Elbow](#)

[High Knees](#)

[Side Plank with Leg Abduction](#)

Rest 1:00 then repeat from the first movement

CONDITIONING/ PERFORMANCE

EMOM 12

Directions: Every minute on the minute, perform the prescribed number of reps. Once finished, rest until the top of the next minute. Continue to cycle through movements until you have reached 12 mins (4 rounds).

40s [Side to Side Hops](#)

40s [Side Shuffle Drill](#)

40s [Speed Skater Lunge](#)

Repeat from top

WEEKS 1+2: Stretches + PT Exercises

Alternate days of the Lower extremity and Upper extremity stretches and exercises

LOWER EXTREMITY

ANKLE AND LOWER LEG

ABC's

-Perform 3 sets

Ankle 4 way Range of motion

-These motions can also be performed without a resistance band

-Perform 3 sets of 10 repetitions (increase the number of reps as this exercise becomes easier)

Heel Raises

- Perform 3 sets of 10 repetitions (increase the number of reps as this exercise becomes easier)

-This movement can also be performed one leg at a time as you become stronger

Calf Stretches

-Perform each movement 3 times. Hold for 15-30 seconds.

HIPS AND KNEES

Hamstring Stretches

-Select the variation(s) best suited for your ability (perform all variations if possible)

-Perform these movements 3 times each. Hold for 15-30 seconds

Quadricep Stretches Side Lying Kneeling Standing/Walking

-Select the variation(s) best suited for your ability (perform all variations if possible)

-Perform stretches 3 times on each side holding for 15-30 seconds

Piriformis Stretches

-Select the variation(s) best suited for your ability (perform all variations if possible)

-Perform stretches 3 times on each side holding for 15-30 seconds

4 Way Single Leg Raise (SLR) & Standing Hip Resistive Band Exercises

-Begin with 4 way SLR exercises then progress to standing exercises with resistive band or ankle weight

-Perform 3 sets of 10 reps with each leg (increase the number of reps as you become stronger)

Hamstring Curls Prone & Standing

- Perform 3 sets of 10 repetitions (increase the number of reps as this exercise becomes easier)

-Progress from prone to standing exercises

-Progress from no weights to using ankle weights or resistance bands

Seated Knee Extension & Knee Extension with Resistive Band

-Perform 3 sets of 10 reps on each leg increasing the number of reps as you become stronger

-Progress from non-weighted movements to weighted/resistive movements

UPPER EXTREMITY

LOW BACK/ ABDOMINAL STRETCHES

Torso Stretch

-Perform 3 times with 15-30 second holds

Knees to Chest & Single Knee to chest (variation 2)

-Select movement suited to your ability and perform 3 sets holding for 15-30 seconds

Abdominal Stretch

-Perform 3 times with 15-30 second holds

NECK AND SHOULDER STRETCHES

Neck Stretches

-Gently perform these movements 3 times each, holding each stretch for 15 to 30 seconds

Neck Strengthening

-Gently perform these movements 3 times, holding each for 10-12 seconds

Door Stretches

-Gently perform these movements 3 times each, holding each stretch for 15 to 30 seconds

Thread the Needle

-Perform this movement 3 times on each side holding for 10-15 seconds

ELBOWS/ WRISTS/ FOREARMS

Stretches

-Perform each stretch 3 times bilaterally, holding each stretch for 15 to 30 seconds
-Stretches can be performed seated or standing

Forearm Squeezes

-Perform 3 sets of 10-15 reps bilaterally, holding for 15 to 30 seconds
-Exercise can be performed seated or standing

Towel Exercises

- Perform 3 sets of 10 repetitions (increase the number of reps as this exercise becomes easier)
-Exercises can be performed using hand weights, resistance bands, food cans, etc as tolerated

Bicep Curls

-Perform 3 sets of 10 reps bilaterally increasing the number of reps as you become stronger
-Exercises can be performed without weights and progressed by using hand weights, resistance bands, food cans, bottles, etc. as tolerated

Tricep Extensions

-Perform 3 sets of 10 reps bilaterally increasing the number of reps as you become stronger

-Exercises can be performed without weights and progressed by using hand weights, resistance bands, food cans, bottles, etc. as tolerated

Hammer Curls

-Perform 3 sets of 10 reps bilaterally increasing the number of reps as you become stronger

-Exercises can be performed without weights and progressed by using hand weights, resistance bands, food cans, bottles, etc. as tolerated