

# Hilltopper 2020 Spring Home Workouts, Stretches, and Rehab Exercises

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## 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 3+4: Strength + Conditioning

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## 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:**

[\*\*Jumping Air Squat\*\*](#)

[\*\*Mini Band Plank Shuffle\*\*](#)

[\*\*Single Leg Glute Bridge\*\*](#)

[\*\*Single Arm Overhead Press\*\*](#)

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 [\*\*Mini Band Wideouts\*\*](#)/ Reg Wideouts

20 [\*\*Plank Shoulder Taps\*\*](#)

30 [\*\*Cross 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:**

**[Single Leg RDL with Reach](#)**

**[Reverse Lunge with Rotation](#)**

**[Lemon Squeezes](#)**

**[Mountain Climbers](#)**

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 [Plank Jacks](#)**

**20 [High Knees](#)**

**20 [Glute Bridges](#)**

**20 [Alternating Lunges](#)**

**:30 [Side Plank \(each side\)](#)**

# 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:

**DB Squat** (use light DBs or soup cans, water bottles etc.)

**Fire Hydrants**

**Kneel to Stand** (with or without weight)

**Plank Shuffles**

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 Sprawls**

**30 Alternating Leg Raises**

**30 Pogo Lateral Hops**

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:

[Standing Knee to Elbow](#)

[Single Leg Hold](#) Right Leg

[Weighted Glute Bridge](#)

[Single Leg Hold](#) 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** [Thread the Needle](#) (each side)

**10** [Alternating Samson Lunge](#)

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

**10** [Bent Over Shoulder Ts](#)

**10** [Alternating Spiderman Lunge](#)

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:

[Air Squats](#)

[Single Leg Glute Bridge](#) (:15s each leg)

[High Knees](#)

[Standing Leg Abduction](#) with or without miniband

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 [High Knee Side to Side Shuffle](#)

40s [Jumping Air Squat](#)

40s [Plank Shoulder Taps](#)

Repeat from top

# WEEKS 3+4: Stretches + PT Exercises

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

## LOWER EXTREMITY

### ANKLE AND LOWER LEG

**\*\*Continue [ABC's](#) and [Ankle 4 way Range of motion](#) with theraband as warm ups\*\***

#### [Calf Stretches](#)

- Perform each movement 3 times. Perform for 15-30 seconds
- Here are 2 more variations: [Push up Position](#) and a [Pregnancy](#) option

#### [Single Leg Balance](#)

- Perform 3 times. Hold for 15-30 seconds and build up to 60 seconds
- Progress to standing on an uneven surface such as a pillow or foam

#### [Heel Drops](#)

- Perform 3 sets of 10 repetitions on each foot
- Increase the number of reps as this exercise becomes easier
- Be Sure to HOLD ON TO RAILING for safety and support. Always use the BOTTOM STEP

### HIPS AND KNEES

#### **Warm Up**

#### [Hamstring Stretches](#)

#### [Piriformis Stretches](#)

#### **Quadricep Stretches**

[Side Lying](#)

[Kneeling](#)

[Standing/Walking](#)

#### [Hip Swings](#)

- Perform 3 sets of 10 reps on each leg in each direction
- You can also begin with 10 seconds and progress to 30 seconds of moderate movement

#### **Exercises**

#### [4 Way Single Leg Raise \(SLR\)](#)

#### [Standing Hip Resistive Band Exercises](#)

### [Wall Sit](#) & [Wall Sit Variations](#)

-Choose your Variation. Hold for 30 seconds and progress to longer holds

### [Chair Squat](#) [Basic Squat](#) [Yoga Ball Squat](#)

-Choose your variation

-Perform 3 sets of 15 reps and increase as you become stronger

### [Lunges](#)

-Choose your variation

-Perform 3 sets of 10 reps and increase as you become stronger

## UPPER EXTREMITY

### LOW BACK/ ABDOMINALS

#### Warm Up

#### [Torso Stretch](#)

#### [Abdominal Stretch](#)

#### [Knees to Chest](#) & [Single Knee to chest \(variation 2\)](#)

#### Exercises

#### [Pelvic Tilt](#)

-Follow the progression and choose which exercise is best suited for you

-Perform 3 sets of 10 repetitions. Hold each rep for 2-3 seconds

#### [Cat cow](#)

-Perform movement 10 times

-Be sure to take your time and breathe as you go through the motions

#### [Prone Swimmer Exercise](#)

-Perform 3 sets of 10 or time 30 seconds of movement. Progress to 1 minute

### NECK AND SHOULDERS

#### Warm Up

#### [Door Stretches](#)

#### [Thread the Needle](#)



### [Neck Stretches](#)

### [Neck Strengthening](#)

#### **Exercises**

#### [Shoulder Shrug](#)

- Perform 3 sets of 10 reps
- You may add water bottles or food cans as weights

#### [Lateral Raise](#)

- Perform 3 sets of 10 reps increasing the number of reps as you become stronger
- If you do not have access to dumbbells you can use food cans, water bottles, etc

#### [Upright Row & Prone row](#)

- Perform 3 sets of 10 reps increasing the number of reps as you become stronger
- If you do not have access to dumbbells you can use food cans, water bottles, etc

#### [Head Lifts](#)

- Perform up to 10 reps as tolerated with adequate rest

## **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

***KEEP UP THE GREAT WORK!!!!***