

SIMPLE STRENGTH #1

WARMUP

Take 5:00 to 10:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
BREATHE	Wim Hof Breathing 3:00	
Goodmornings	2	10
Hamstring Curls	2	10/10
Over Under Arm Swings	2	10

WORKOUT

Take 30 minutes to perform strength and conditioning

	Exercise	Sets	Reps	Weight	Rest Between Sets
Low	Kettlebell/Dumbbell Deadlift	2-3	12-15	15-50 lbs	1:00
Low	Reverse Lunge/Step Up	2-3	12-15	Body Weight-15 lbs	1:00
Upper	Bent Over Rows	2-3	12-15	5-30 lbs	1:00
Upper	Bicep Curls	2-3	12-15	5-30 lbs	1:00
Core	Hollow Hold	2-3	12-15	Bodyweight	1:00
Core	Bicycles	2-3	12-15	Bodyweight	1:00

COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Low Belly Breathing 2:00	
Goodmornings	2	10
Over Under Arm Swings	1	20

* For video reference please check out the Movement Library ([click here](#))

SIMPLE STRENGTH #2

WARMUP

Take 5:00 to 10:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
BREATHE	4-7-8 Breathing 3:00	
Four Point Squats	2	5
Front High Kicks	2	10/10
Touchdowns	2	10

WORKOUT

Take 30 minutes to perform strength and conditioning

	Exercise	Sets	Reps	Weight	Rest Between Sets
Low	Goblet Squat	2-3	12-15	10-50 lbs	1:00
Low	Dumbbell Rows	2-3	12-15	10-35 lbs	1:00
Upper	Push ups	2-3	12-15	Bodyweight	1:00
Upper	Tricep Kickbacks	2-3	12-15	5-20 lbs	1:00
Core	Flutter Kick	2-3	12-15	Bodyweight	1:00
Core	ABmat Situps	2-3	12-15	Bodyweight - 15 lbs	1:00

COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Low Belly Breathing 2:00	
Intercostal Stretch	1	3/3
Couch Stretch	1	2:00/side

* For video reference please check out the Movement Library ([click here](#))

SIMPLE STRENGTH #3

WARMUP

Take 5:00 to 10:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
BREATHE	Belly Breathing 3:00	
Hip Openers	2	5/5
Goodmornings	2	10
Push Press	2	10

WORKOUT

Take 30 minutes to perform strength and conditioning

	Exercise	Sets	Reps	Weight	Rest Between Sets
Low	Air Squats	2-3	12-15	Bodyweight	1:00
Low	Standing Goodmornings	2-3	12-15	Bodyweight- 45 lb bar	1:00
Upper	Push Press	2-3	12-15	5-20 lbs	1:00
Upper	Dumbbell Bench Press	2-3	12-15	5-30 lbs	1:00
Core	Landmine	2-3	12-15	15-40 lbs on bar	1:00
Core	Situps	2-3	12-15	Bodyweight	1:00

COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Low Belly Breathing 2:00	
Intercostal Stretch	1	2:00/side
King Pigeon Pose	1	2:00/side

* For video reference please check out the Movement Library ([click here](#))

SIMPLE STRENGTH #4

WARMUP

Take 5:00 to 10:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
BREATHE	Lion's Breath 3:00	
Knee Hugs	2	5/5
Goodmornings	2	10
Over Under Arm Swings	2	10

WORKOUT

Take 30 minutes to perform strength and conditioning

	Exercise	Sets	Reps	Weight	Rest Between Sets
Low	Romanian DeadLift	2-3	12-15	Bodyweight	1:00
Low	Wall Ball Squats	2-3	12-15	Bodyweight	1:00
Upper	Reverse Flys	2-3	12-15	5-20 lbs	1:00
Upper	Bicep Curls	2-3	12-15	5-30 lbs	1:00
Core	V-Ups or Alternating V-Ups	2-3	12-15	15-40 lbs on bar	1:00
Core	Hollow Hold	2-3	12-15	Bodyweight	1:00

COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Low Belly Breathing 2:00	
Intercostal Stretch	1	2:00/side
Goodmornings	2	10

* For video reference please check out the Movement Library ([click here](#))

SIMPLE STRENGTH #5

WARMUP

Take 5:00 to 10:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
BREATHE	Belly Breathing 3:00	
Four Point Squats	2	5
Touchdowns	2	10
Push Press	2	10

WORKOUT

Take 30 minutes to perform strength and conditioning

	Exercise	Sets	Reps	Weight	Rest Between Sets
Low	Goblet Squat	2-3	12-15	Bodyweight	1:00
Low	Reverse Lunge / Step Up	2-3	12-15	Bodyweight- 45 lb bar	1:00
Upper	Push Press	2-3	12-15	5-20 lbs	1:00
Upper	Tricep Kickbacks	2-3	12-15	5-30 lbs	1:00
Core	Sit Ups	2-3	12-15	15-40 lbs on bar	1:00
Core	Bicycles	2-3	12-15	Bodyweight	1:00

COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Low Belly Breathing 2:00	
Triceps Stretch on Wall	1	2:00/side
Couch Stretch	1	2:00/side

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