

Strength 3x a week to supplement endurance training
Each set of exercises takes 15-30 minutes

Super Countdown

100 [air squats](#)
90 [standing lunges](#) (45 e. side)
80 [mountain climbers](#) (40 e. side)
70 [sumo squats](#)
60 [calf raises](#)
50 [glute bridges](#)
40 [curtsy lunges](#) (20 e. side)
30 [step-ups](#) (15 e. side)
20 [jump squats](#)
10 [burpees](#)

24-minute workout

Do 6 blocks total, in any order

Cardio Block (1 min per exercise)

[Bunny-hop back/forth](#)
[Bunny hop side to side](#)
[Jumping jacks](#)
[Jog in place](#)

Strength Block (1 min per exercise)

[Air squats](#)
[Sumo air squats](#)
[Side lunges](#)
[Static lunges](#)

Core Block (1 min per exercise)

[Plank](#)
[Right plank](#)
[Left Plank](#)
[Cherry pickers](#)

Hips & Hamstrings

[Backward wall kick-outs w/ band](#) (30 e. side)
[Clam shells](#) (40 e. side)
[Static lunges](#) (30 e. side)
[Glute bridges](#) x 50
[Quadratus Lumborum stretches](#) (30sec e. side):
 Standing normal / Standing - wide stance / Seated - wide stance

Triple Circuit (go thru 3x)

[Pushups](#) x 15
[Bed sheet inverted rows](#) x 15
[Air or jump squats](#) x 15
[Side lunges](#) x 15
[Glute bridges](#) x 15
[Mountain climbers](#) x 15
[Jumping jacks](#) x 15

Hips & Core

[Fire hydrant dogs](#) x 40 e. side
[Dog kick-outs](#) x 20 e. side
[Clam shells](#) x 40 e. side
[Side lunges](#) x 20 e. side
[Speed skaters](#) x 20 e. side
[Planks](#) - 3 x 1min hold
[Wall-sits](#) - 2 x 30s
[Child's pose](#) 1min
[Malasana](#) 1 min

Glutes & Hammies

(I had to make this video for Edgewood during virtual learning)

[Clam shells](#) x 20 e. side
[Kneeling hip drives](#) x 20
[Kneel - Lunge - Stand](#) x 20
[Raised hip extension](#) x 20
[Glute bridges](#) x 20
[Bridges + marching](#) x 20
[Speed skaters](#) x 20
[Pop squats](#) x 20
[Static lunge](#) x 10 e. side
[Side lunges](#) x 20
[Single-leg sit to stand](#) x 10 e. side
[Single-leg deadlift](#) x 10 e. side