

INVADERS AT HOME PROGRAM				
DAY 1				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1. MYOFASCIAL WORK-LOWER BODY FOCUS				
1. QUADS AND IT BANDS X 1:00 EACH				
2. CALVES X 1:00 EACH				
3. GLUTES/PIGEON X 1:00 EACH				
4. HAMSTRINGS X 1:00 EACH				
2. HIP MOBILITY CIRCUIT				
1. HYDRANTS	10EA	10EA	10EA	10EA
2. HIP CIRCLES (EACH DIRECTION)	10EA	10EA	10EA	10EA
3. DONKEY KICKS	10EA	10EA	10EA	10EA
4. STRAIGHT LEG HIP ABDUCTION	10EA	10EA	10EA	10EA
2. WARM UP				
1. LEG SWINGS X 8EA				
2. ALTERNATING SPIDERMANS X 5EA				
3. WALKOUTS X 5				
4. ALTERNATING PIGEONS X 5EA				
5. AIR SQUATS X 15				
3. THORACIC MOBILITY + SCAP WORK				
1. LYING RIBCAGE STRETCH X 8EA				
2. ALL 4 CHICKEN WING X 8EA				
4. CORE DEVELOPMENT				
1. SIDE PLANKS	:30EA	:35EA	:40EA	:45EA
2. FRONT PLANKS	:45	:50	:55	1:00
3. SINGLE LEG GLUTE BRIDGE	X 10EA	X 12EA	X 12EA	12EA
5. LIFT				
1A. KB SQUAT JUMPS	4 X 4	4 X 5	4 X 6	4 X 6
PAIRED W/				
1B. WRIST/LAT STRETCH	4 X :20	4 X :20	4 X :20	4 X :20
2A. SA KB PAUSE SQUAT	4EA	4EA	5EA	5EA
(PAUSE FOR :03 AT THE BOTTOM)	4EA	4EA	5EA	5EA
PAIRED W/		4EA	5EA	5EA
2B. SA KB BENT OVER ROW	3 X 10EA	4 X 10EA	4 X 8EA	4 X 8EA
3A. SL SA KB RDL	3 X 8EA	3 X 8EA	3 X 6EA	3 X 6EA
PAIRED W/				
3B. CLOSE GRIP PUSHUPS	3 X 10	3 X 10	3 X 12	3 X 12
PAIRED W/				
3C. BAND WRIST CURLS	3 X 12EA	3 X 12EA	3 X 15EA	3 X 15EA
6. POST WORKOUT FLEXIBILITY				
1. 1/2 KNEELING HIP FLEXOR/QUAD ON BENCH X 1:00 EACH				
2. LAYING BAND HAMSTRING X 1:00 EACH				
3. LAT STRETCH ON RACK X 1:00 EACH				

INVADERS AT HOME PROGRAM				
DAY 2				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1. MYOFASCIAL WORK-UPPER BODY FOCUS				
1. PECS X 1:00 EACH				
2. LATS X 1:00 EACH				
3. THORACIC SPINE X 1:00 EACH				
4. UPPER TRAPS OR FOREARMS X 1:00 EACH				
2. WARM UP				
1. LEG SWINGS X 8EA				
2. ALTERNATING SPIDERMANS X 5EA				
3. WALKOUTS X 5				
4. ARM CIRCLES (FORWARD, BACKWARD, CROSS BODY) X 8EA				
5. CROSS BODY REACH AND ROTATE X 8EA				
3. THORACIC MOBILITY + SCAP WORK				
1. LYING RIBCAGE STRETCH X 8EA				
3. PRONE T-RAISE (THUMBS UP)				
4. CORE DEVELOPMENT				
1. BEAR CRAWL	X 40 FT	X 40 FT	X 40 FT	X 40 FT
2. BAND X-BODY PULL	X 8EA	X 8EA	X 10EA	X 10EA
3. BAND LIFT	X 8EA	X 8EA	X 10EA	X 10EA
5. LIFT				
1A. KB SWINGS	4 X 10	4 X 12	4 X 12	4 X 15
PAIRED W/				
1B. CHILDS POSE	4 X :20	4 X :20	4 X :20	4 X :20
2A. SA KB FLOOR PRESS	10EA-	10EA-	8EA-	8EA-
	10EA-	10EA-	8EA-	8EA-
	10EA-	10EA-	8EA-	8EA-
PAIRED W/				
2B. SA BAND PULLDOWN	3 X 10EA	4 X 8EA	4 X 10EA	4 X 10EA
3A. KB SUMO LATERAL LUNGE	3 X 8EA	3 X 8EA	3 X 6EA	3 X 6EA
PAIRED W/				
3B. GLUTE BRIDGE	3 X 15	3 X 15	3 X 20	3 X 20
PAIRED W/				
3C. BAND ALTERNATING CURLS	3 X 12EA	3 X 12EA	3 X 10EA	3 X 10EA
6. POST WORKOUT FLEXIBILITY				
1. PIGEON X 1:00 EACH				
2. 90 PEC ON RACK X 1:00 EACH				
3. BUTTERFLY X 1:00 EACH				