

# EDISON Strength & Conditioning

## No-Weight Workouts

### UPPER

<b>DAY 1</b>	CORE LIFTS		Set 1	Set 2	Set 3	Set 4
	1	Push-Up	Regular 20	Wide 20	Close 20	Regular Fail
	2	Bench/Chair Dip	15	15	15	
	AUX LIFTS					
	3	V-Up	25	25		
	4	Russian Twist	30 sec	30 sec		
	5	Super Man	30 sec	30 sec		
	6	Plank	90 sec	90 sec		
	7	Side Plank R/L	30sec	30sec		
	8	Jog	10 min			
Flexibility Workout						

DAILY DYNAMIC	
Forward Skip Arm Hug	20
Backward Skip Arm Circle	20
High Side Slide (Right)	20
High Side Slide (Left)	20
Forward Lunge w/ Twist	20
Alternating Quad Stretch/Heel Pull	20
Straight Leg Toe Touch	20
High Leg Kick	20
Alternating Lateral Lunge	20
Backward Calf Stretch	20
A-Skip	20
Power Skip	20
High Knee to a Jog	20
Short Cycle to a Burst	20
2 Shuffle to a Burst (Right)	20
2 Shuffle to Burst (Left)	20
Tuck Jumps to a Jog	2
Broad Jump	2
Back Pedal to a Burst	20
Full Speed Burst	20

### PLYO/AGILITY

<b>DAY 2</b>	CORE LIFTS		Set 1	Set 2	Set 3	Set 4
	1	Tuck Jump	3	3	3	
	2	Broad Jump	3	3	3	
	AUX LIFTS					
	3	Lunge Jumps	10ea	10ea	10ea	
	4	Wall Hops	25	25	25	
	5	Line Hops	10 sec	10 sec	10 sec	
	6	Pro Agility	5			
	7	10 Yard Sprints	10			
	Cardio Workout					

FLEXIBILITY - 10 seconds each	
Feet Together, Touch Toes	
Down to R/L/Middle	
Quad Stretch R/L	
Saigon Squat	
Hip Flexor R/L	

### LOWER/SHOULDERS

<b>DAY 3</b>	CORE LIFTS		Set 1	Set 2	Set 3	Set 4
	1	Body Squat	Regular 25	Wide 25	Narrow 25	Regular 25
	2	Pike Push-Up (Hips High)	10	10	10	
	AUX LIFTS					
	3	Laying I's T's Y's - no weight, pulse	20 ea	20 ea		
	4	Single Leg Squat	10 ea	10 ea		
	5	Lateral Lunge	10 ea	10 ea		
	6	Wall Sit	30 sec	30 sec	30 sec	
	7	Calf Raises	100			
	8	Lunges	100			
Flexibility Workout						

CARDIO WORKOUT - Repeat 3 Rounds	
Jumping Jack	30sec
Mountain Climber	30sec
Core-Choice	30sec
Burpee	30sec

