

Redondo Strong

	Sets	Exercises	Reps	Weight
Day 1	3-4 sets	Goblet Squat	15	0-25#
		Plank Hand Marching	8 each arm	-
		Prone Y's and T's	15 ea letter	0-2#
		Push-ups	10-20	-
		Bicycle Oblique Crunch	20 ea	-
Day 2	3-4 sets	Bulgarian Split Squat (Rear foot elevated)	10 ea	0-25#
		Slider Running	20 each	-
		Slider Double Knee tuck	15	-
		Single Bridge (Heel on bench or chair)	10 ea	-
		Arm/Leg Bug	12 ea	-
Day 3	3-4 sets	Rear Lunges	10 ea	0-25#
		Side Lunges Alternating	10 ea	0-25#
		Side Plank Toe Taps	10 front and back	-
		Quad Crawling small strides	10 feet each way	-
		Single Romanian Deadlift	10 ea	1-2#
Day 4	3-4 sets	Deadlift	15	25-50#
		Slider Oblique Tucks	16 total	-
		Decline Push-ups	10-15	-
		Seated Russian Twists	15 ea	0-15#
		Snow Angel arm sweepbacks	15	0-2#