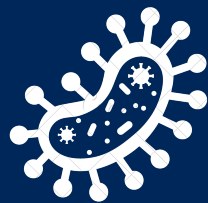


KBAF'S QUARANTEAM



HOME WORKOUTS

CREATED BY @MERAKIMEG

INTRO

This program is designed with uninjured, 100% able-bodied, strength athletes in mind. This was not written for brand new lifters. If you are recovering from an injury or have any movement pattern restrictions for any reason please reach out to @vin.kenmorebarbell for a personally tailored program to meet your needs. That being said this program is scalable, we understand we have a diverse range of skill/strength levels in our community. This program will be written with the assumption that the athlete has ZERO equipment available to them and only household items. Ways to scale are available in the Coaches Cues section if this is not your personal case.

INTENTIONS

The intentions of this program are as follows:

1. Reinforce and improve body awareness, specifically looking at the pelvis, ribcage, abs, and spine.
2. Reinforce and improve movement patterns of the Big 3 in order to best prepare you to return to regular training.
3. Minimize the loss of strength.

COACHES CUES

Wall Sit: drag heels towards glutes to activate them. Bonus points if you reach your arms to drop your ribs and flatten your lower back against the wall. (neutral positioning!!!!). **SCALE UP:** Try single leg variation and/or adding weight.

Foam Roller Deadbug: Can use rolled up towels, a shoebox...imagine trying to blow on hot food to flatten your ribs. This achieves a neutral spine! Press your forearms into the foam roller and you should feel your abs light up. **SCALE UP:** Try to keep a neutral spine and extend one leg at a time similar to a bicycle crunch movement.

Curtsy Squat: Ideally with a KB on your static leg side in the front rack position. This helps warm up your hips and knees. Slow controlled motion, feel the positioning of your pelvis and ribs that we just worked on.

Tempo Squat: You want a slow and controlled eccentric paired with an explosive concentric. Main focus here should be rib and pelvis positioning and maintaining that throughout the movement. **SCALE UP:**

Thoracic CARs: Hugging yourself or a pillow, imagine the air is 20% thicker and slowly try and make a circle with your elbows. Do not hyperextend your back to make a bigger circle! This is cheating.

Spinal CARs/better known as Cat/Cow: Controlled and slow, there is no race here. Starting at your tailbone begin to move one joint (spinal level) at a time into flexion and extension. Imagine your pelvis like a bucket of water. In Cat you are trying to hold all of the water in your bucket, and in Cow you want to dump all of the water out.

RKC Planks: These are performed just like a standard plank, but you are pulling your elbows towards your toes to insure full abdominal activation. Keep a neutral spine here! Flatten those ribs and keep your water bucket full.

Hollow to Tuck: Begin these by lying flat of the ground in the position commonly known as a Corpse pose. Raise your arms over your head in a field goal position and let them relax. Flatten your ribs by exhaling like you are blowing on hot food. Tilt your pelvis towards your ribs and holding that position pull your elbows and knees together into a tuck. Go slow and controlled, keeping your pelvis/rib positioning is the most important. **SCALE UP:** Move to a strict Hollow Hold for Max Effort

W E E K O N E

<i>DAY</i>	<i>AWARENESS + ACTIVATION</i>	<i>S/R</i>	<i>STRENGTH WORKOUT</i>	<i>S/R</i>	<i>COACHES CUES</i>	<i>MOBILITY COOLDOWN</i>
Day 1	Wall Sit (Max Effort) Foam Roller Deadbug Curtsy Squat (each leg)	2xME 2x10 2x10	Tempo Squats 10-0-5 Gallon RDL's Split Squats Hip Thrusts RKC Plank (Max Effort)	4x8 4x8 4x8 4x10 2xME	For squats especially, focus on your ribs and pelvic positioning throughout.	Kneeling Hip Flexor Stretch Half Cobras Cossack Squats (BW) 90/90 Stretch
Day 2	Thoracic CARs (in each direction) Cat/Cow (flexion/extension is ONE rep) Copenhagen Plank	2x6 2x10 2xME	Single Arm Row w/ Gallon Bicep Curls Tricep Dips Narrow Push-ups Hollow to Tuck	4x8 4x8 4x8 4x8 2x20	Use a gallon of water in place of a kettlebell or dumbbell.	GSOAT Birddog Kneeling Thoracic Extensions (couch/chair)
Day 3	Wall Sit (Max Effort) Foam Roller Deadbug Curtsy Squat (each leg)	2xME 2x10 2x10	Tempo Squats 10-0-5 Gallon RDL's Split Squats Hip Thrusts RKC Plank (Max Effort)	5x8 5x8 5x8 5x10 2xME	Flatten your ribs and tilt your pelvis (keep the water in the bucket).	Kneeling Hip Flexor Stretch Half Cobras Cossack Squats (BW) 90/90 Stretch
Day 4	Thoracic CARs (in each direction) Cat/Cow (flexion/extension is ONE rep) Copenhagen Plank	2x6 2x10 2xME	Single Arm Row w/ Gallon Bicep Curls Tricep Dips Narrow Push-ups Hollow to Tuck	5x8 5x8 5x8 5x8 2x20	Keep a neutral spine for push-ups and ab work especially.	GSOAT Birddog Kneeling Thoracic Extensions (couch/chair)

INSTRUCTIONAL VIDEOS AVAILABLE @KENMOREBARBELL ON INSTAGRAM

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WEEK THREE

<i>DAY</i>	<i>AWARENESS + ACTIVATION</i>	<i>S/R</i>	<i>STRENGTH WORKOUT</i>	<i>S/R</i>	<i>COACHES CUES</i>	<i>MOBILITY COOLDOWN</i>
Day 1	Wall Sit (Max Effort) Foam Roller Deadbug Curtsy Squat (each leg)	2xME 2x10 2x10	Tempo Squats 10-0-5 Gallon RDL's Split Squats Hip Thrusts RKC Plank (Max Effort)	4x12 4x12 4x12 4x12 2xME	For squats especially, focus on your ribs and pelvic positioning throughout.	Kneeling Hip Flexor Stretch Half Cobras Cossack Squats (BW) 90/90 Stretch
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