



**Social Isolation Strength & Conditioning Program for Mallory**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Outdoor ISO Strength</b> 4 sets + Recovery hike or jog 20 min	<b>Power-Endurance</b> Method 1	<b>Recovery Day</b> Long walk outside Mobility Circuit	<b>Outdoor ISO Strength</b> 6 sets + Recovery hike or jog 20 min	<b>Power-Endurance</b> Method 4	<b>Recovery Day</b> Long walk outside and Mobility Circuit	Day off
<b>Assistance Exercises at home</b> 1. Pistol Squats 4 x 5 2. Face Pulls with Band 2 x 12 3. Rotator Cuff with Band 2 x 12 4. KB Arm Bar 3 x 30 sec 5. Wall Slides 3 x 6 6. One Arm Rows 3 x 10 7. Draw the Sword 3 x 8/side 8. Neck Bridges 9. Ab Roll-outs 4 x 5	<b>Aerobic Power Conditioning:</b> Hill or Stairs 3 min HARD 4 min easy X 4		<b>Assistance Exercises at home</b> 1. Nordic Lowers 3 x 4 2. KB Bottoms Up Press 4 sets of 2 3. Renegade Rows 4 x 8 total 4. Face Pulls with Band 5. Single Legged Push-ups 3 x 12 – alternate leg off ground 6. Wall-Slides 7. Neck Bridges	<b>Aerobic Power Conditioning:</b> KB Swings + Ropes	<b>Assistance Exercises at home</b> 1. KB Step-ups 4 x 6/side 2. Dead Bug with Band 3 x 10 total 3. Ab Roll-Outs 3 x 3-6 reps 4. One arm rows 4 x 6-8/side 5. Birddog 2 x 10 total 6. Y's and T's lying on stomach 2 x 10 each 7. Neck Bridges	