

Road To Wellness 5K
Strength Training Workout

Week #2

WORKOUT:

	<u>1st Set</u>	<u>2nd Set</u>	<u>3rd Set</u>	<u>4th set</u>
<u>Bench Squat</u>	12	12		
<u>Incline Push-Up</u>	10	10		
<u>Reverse Lunge</u>	10e leg	10e leg		
<u>Standing Russian Twist</u>	25 secs.	25 secs.		
<u>Opposite Elbow To Knee Twist</u>	25 secs.	25 secs.		
<u>Lateral (side) Lunge</u>	10e side	10e side		

WARMDOWN:

Stretching:

- **Hamstrings (back of thighs)** – Leg extended straight, lean forward bending at the waist, keeping the knee straight and toe pointed up to the ceiling/sky, hold position for 15/20 seconds. Repeat action on other leg.
- **Quads (front of thigh)** – Bend right/left leg at the knee, grab right/left foot with right/left hand bringing heel to butt, hold position for 15/20 seconds. Repeat action on other leg.
- **Piriformis** – Bend right/left leg at the knee bring foot to midline in front of the body, grab foot and gently pull upward, hold position for 15/20 seconds. Repeat action on other leg.
- **Calf** – Extend hands on wall with right leg straight behind the body and left leg bent in front of the body, keep heel of right foot touching the floor, lean body slight forward, when you feel muscle in right calf stretching hold for 15/20 seconds. Repeat action on other leg.
- **Achilles Tendon** – Extend hands on wall with right leg behind the body with a slight bend at the knee and left leg bent in front of the body, keep heel of right foot touching the floor, lean body slight forward, when you feel muscle in right Achilles Tendon stretching hold for 15/20 seconds. Repeat action on other leg.

Performance Fitness