



AT-HOME WORKOUT

CLASS: Splitboarding

DATE: 07/25/2021

BUILT BY: Emily Kipp

EQUIPMENT: DB, KB, Balance Board, Swiss ball, Sandbag, and Bench or Box.

FOCUS: Core, Plyometrics (Power), and Lower Extremity Strength and Stability.

FORMAT:

1. Complete 1-round of Group 1 (Core & Plyo). The interval for each exercise is: :40-work/:20-rest.
2. Complete 2-rounds of groups 2 (Lower Extremity Strength and Stability). The interval for each exercise is: 1:30-work/:30-rest.
3. Complete 3-rounds of Group 3 (Mixed Strength). The interval is :55-work/:25-rest.
4. Complete 1-round of Group 1 (Core & Plyo). The interval for each exercise is: :40-work/:20-rest.

Group 1: Core & Plyo (Power) Start & End :40/:20 X1-Round	Group 2: Lower Extremity Strength and Stability 1:30/:30 X2-rounds	Group 3: Mixed Strength :55/:25 X3-Rounds
<ol style="list-style-type: none">1. Bird Dogs2. Long Jumps3. Split Squat Jumps4. V-ups5. Side Plank Hip Lifts with lateral Deltoid Raise [R]6. Side Plank Hip Lifts with lateral Deltoid Raise [L]7. Single-leg long lateral squat hops [R]8. Single-leg long lateral squat hops [L]	<ol style="list-style-type: none">1. BB-Box Step-ups2. KB/Balance Board squats3. DB- Single-leg Deadlifts :45/:454. Swiss Ball Squats	<ol style="list-style-type: none">1. Bench Dips2. Double-leg Calf Raises3. Sandbag Get-up [R]4. Sandbag Get-up [L]

Questions/Comments/Need Help: Email: mountainprojectmt@gmail.com