

QT2 Systems, LLC Home Strength Training Routines 1-4

Below are four separate home strength routines. Each one represents an entire strength workout.

Strength Training #1

3x thru--alternate the set of two exercises, for the 3 times, then move to the next set of two.

- >10 squats w weight---1 min plank hold
- >8 forward lunges w weight---10 push-ups
- >10 hamstring ball rollups---30 sec per side, side plank
- >8 per leg step ups to a bench (holding dumb bells are optional) ---10 chest flies w dumb bells or a resistance band
- >10 Resistance Band High Elbow Pulls---8 per leg reverse lunges (optional bicep curl if you have DBs.)
- >6 each, alternating front and side shoulder raise---15 V-Ups

Strength Training #2

Rotate thru these 3 exercises, three times thru.

1. Squat Hold w front shoulder raise (Back against a wall, slide down till knees are 90 degrees, hold for 30 to 60 secs. Using small dumbbells, do 10 front shoulder raises.)
 2. Pushups-12
 3. Front Plank Hold-30 to 60 secs.
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1. Reverse lunge w lateral shoulder raise (w dumbbell) 8 per leg.
 2. Dumbbell or Resistance Band Back Fly-10 to 12
 3. Side Lunge w bicep curl.8 per leg
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1. Boat Pose hold 30 to 60 (<https://www.youtube.com/watch?v=iKWF7InnzOg>)
 2. Clams 15 per leg (<https://www.youtube.com/watch?v=xGLCOz9OBx8>)
 3. Supermans 15 (<https://www.youtube.com/watch?v=srkvVU5XTEM>)

Strength Training #3

There are four rounds here. Do round one 3 times thru, then move to round two and do that round 3 times thru, etc.

Round 1

A-Reverse Lunge 3x10

B-DB or Resistance Band Back Fly 3x10

Round 2

A-DB or band Chest Fly 3x10

B-Plank DB Row 3x10 per side

<https://www.youtube.com/watch?v=-NP3Wke4GLA>

Round 3

A-Squat to bicep curl to shoulder press 3 x 10

B-Plank to T Stand(<https://www.youtube.com/watch?v=Tta-BbvjsM0>)

Round 4

A-Stability Ball Hamstring Rollups or Hamstring Bridges 3 x 10 each leg

Rollup Choice:<https://www.youtube.com/watch?v=i8SQyavHe7w>

Bridge Choice: <https://www.youtube.com/watch?v=i8SQyavHe7w>

B-Stability Ball Crunches or if no ball, bicycle crunches on floor 3 x 20

Strength Training #4

Each round has two exercises. Go thru three sets of each round, alternating the two exercises back and forth. Then move onto the next round.

- A. One Legged Body Weight Squats 3x8 each
- B. One arm DB row 3 x8 each (Can also use a band attached to something)

- A. Lateral(Side) Lunge w DB bicep curls 3x8 each
(<https://www.youtube.com/watch?v=-ylwXqYRUao>)
- B. Push Ups 3 x 8

- A. Forward Lunge w Shoulder Press 3 x 8 each
- B. Side Plank w Hip raise 3 x 12 per side

- A. Hamstring bridge (One leg on bench or table w bent knee, other leg is straight in air) Use the leg on the bench to raise glutes off the floor. 3 x15 per side.
- B. Tricep Dips 3x10

- A. Plank hold w leg raise-3x15 each leg
- B. Supermans for lower back 3 x 12

- A. Donkey Kicks

- B. Plyometric Jump Squats