

## 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](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