

WELCOME TO...

2 WEEKS,
START YOUR
STREAK

A Cohesive, Functional Approach to Strength Training. Built For You.

Start Your Streak Now

Before You Start Your Streak

1. Watch Intro Video (REQUIRED):



(P.S There are timestamps in the YouTube video description so you can jump to certain topics!)

2. Below is a link to our Youtube Playlist.

a. This contains all of the exercise tutorials

Click Me



Before You Start Your Streak

Each “Block” has 3 exercises.

Those 3 movements should be performed in succession. NO REST.

There is 30 seconds of rest programmed at the end of each “Block”.

After that rest break, you **start back at the first exercise for that “Block”.**

Once all 3 sets are complete, you progress to the next “Block”

Start Your Streak Now



WEEK 1 - DAY 1

Full Body: 30-45 Minutes

BLOCK 1

WARM-UP (2 ROUNDS)

Set 1:

- Shoulder CAR - 30 sec
- ISO Split Squat Hold - 30 sec/side
- High Knees - 30 sec/side

Set 2:

- Standing Hip CAR - 30 sec/side
 - ISO Push Up Hold - 30 sec
 - Mountain Climbers - 30 sec
-

BLOCK 2 (3 Sets)

- Hand Elevated Push Up - 10 reps
 - *Regression:* Wall Pushup | *Progression:* Standard Pushup
 - Box Squat - 10 reps
 - *Regression:* Wall Sit | *Progression:* Bodyweight Squat
 - Dead Bug - 60 sec
 - Rest - 30 sec
-

BLOCK 3 (3 Sets)

- Elevated Triceps Press - 10 reps
 - *Regression:* Wall Triceps Press | *Progression:* Standard Triceps Press
 - Superman Y's - 45 sec
 - *Regression:* Superman Y Hold | *Progression:* Superman Y with Towel
 - Side Plank - 30 sec per side
 - Rest - 30 sec
-

FINISHER

- **15 minute Brisk Walk**
 - **Use an indoor treadmill or walk outside**
 - *Progression for treadmill:* Increase speed and incline (if your model has an incline feature).



WEEK 1 - DAY 2

Full Body: 30-45 Minutes

BLOCK 1

WARM-UP (2 ROUNDS)

Set 1:

- Standing Knee CAR - 30 sec ▶
- ISO hip Hold - 30 sec/side ▶
- High Knees - 30 sec ▶

Set 2:

- Toe Yoga - 30 sec ▶
 - ISO Hip Flexor Plank - 30 sec/side
 - High Plank Shoulder Taps - 30 sec ▶
 - *Regression: Plank* ▶ | *Progression: Plank Shoulder Taps* ▶
-

BLOCK 2 (3 Sets)

- Glute Bridge - 10 reps ▶
 - *Progression: Single Leg Glute Bridge* ▶ | *Further Progression: Feet Elevated Glute Bridge* ▶
 - Reverse Lunge - 8 reps per side ▶
 - *Regression: Split Squat* ▶ | *Further Regression: Split Squat Hold - 30 sec per side* ▶
 - Plank Walkouts - 60 sec ▶
 - *Regression: Plank (elevated or on ground)* ▶
 - Rest - 30 sec
-

BLOCK 3 (3 Sets)

- Reverse Fly Towel Hold - 45 sec ▶
 - Bicep/Tricep Towel Hold - 45 sec ▶
 - Wall Sit - 60 sec ▶
 - Rest - 30 sec
-

FINISHER - Core (3 Sets)

- Dead Bugs - 45 sec ▶
- ISO Hip Flexor Plank - 30 sec/side ▶
- Rest - 30 sec



WEEK 1 - DAY 3

Full Body: 30-45 Minutes

BLOCK 1

WARM-UP (2 ROUNDS)

Set 1:

- TSP CAR - 30 sec ▶
- ISO Spring Hold - 30 sec/side ▶
- Line Hops- 30 sec (Each Direction) ▶

Set 2:

- Shoulder CAR - 30 sec ▶
 - ISO Split Squat Hold - 30 sec/side ▶
 - Step Ups - 60 sec ▶
-

BLOCK 2 (3 Sets)

- Lateral Lunge - 8 reps per side ▶
 - Lateral Shoulder Raise Towel Hold - 30 sec per side ▶
 - *Progression: Half Kneeling Lateral Shoulder Raise (Towel)* ▶
 - Dead Bugs - 60 sec ▶
 - Rest - 30 sec ▶
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BLOCK 3 (3 Sets)

- Calf Raises- 10 reps ▶
 - *Regression: Calf Raises With Wall Support* ▶
 - Elevated Pike Press - 10 reps ▶
 - *Regression: Pike Press ISO Hold - 30 sec ▶* | *Progression: Pike Press (ground)* ▶
 - Mountain Climbers- 60 sec ▶
 - Rest - 30 sec ▶
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FINISHER (3 Sets)

- Wall Sit - 45 sec ▶
- Mountain Climbers - 45 sec ▶
- Rest - 30 sec



WEEK 2 - DAY 1

Full Body: 30-45 Minutes

BLOCK 1

WARM-UP (2 ROUNDS)

Set 1:

- Shoulder CAR - 30 sec
- ISO Split Squat Hold - 30 sec/side
- High Knees - 45 sec

Set 2:

- Standing Hip CAR - 30 sec/side
 - ISO Push Up Hold - 30 sec
 - Mountain Climbers - 45 sec
-

BLOCK 2 (3 Sets)

- Hand Elevated Push Up - 11 reps
 - *Regression:* Wall Pushup | *Progression:* Standard Pushup
 - Box Squat - 11 reps
 - *Regression:* Wall Sit - 60 sec | *Progression:* Bodyweight Squat
 - Dead Bug - 60 sec
 - Rest - 30 sec
-

BLOCK 3 (3 Sets)

- Elevated Triceps Press - 11 reps
 - *Regression:* Wall Triceps Press | *Progression:* Standard Triceps Press
 - Superman Y's - 45 sec
 - *Regression:* Superman Y Hold | *Progression:* Superman Y with Towel
 - Side Plank - 30 sec per side
 - Rest - 30 sec
-

FINISHER

- **15 minute Brisk Walk**
 - **Use an indoor treadmill or walk outside**
 - *Progression for treadmill:* Increase speed and incline (if your model has an incline feature).



WEEK 2 - DAY 2

Full Body: 30-45 Minutes

BLOCK 1

WARM-UP (2 ROUNDS)

Set 1:

- Standing Knee CAR - 30 sec ▶
- ISO hip Hold - 30 sec/side ▶
- High Knees - 30 sec ▶

Set 2:

- Toe Yoga - 30 sec ▶
 - ISO Hip Flexor Plank - 30 sec/side ▶
 - High Plank Shoulder Taps - 45 sec ▶
 - *Regression: Plank* ▶ | *Progression: Plank Shoulder Taps* ▶
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BLOCK 2 (3 Sets)

- Glute Bridge - 11 reps ▶
 - *Progression: Single Leg Glute Bridge* ▶ | *Further Progression: Feet Elevated Glute Bridge* ▶
 - Reverse Lunge - 9 reps per side ▶
 - *Regression: Split Squat* ▶ | *Further Regression: Split Squat Hold - 30 sec per side* ▶
 - Plank Walkouts - 60 sec ▶
 - *Regression: Plank (elevated or on ground)* ▶
 - Rest - 30 sec
-

BLOCK 3 (3 Sets)

- Reverse Fly Towel Hold - 45 sec ▶
 - Bicep/Tricep Towel Hold - 45 sec ▶
 - Wall Sit - 60 sec ▶
 - Rest - 30 sec
-

FINISHER - Core (3 Sets)

- Dead Bugs - 45 sec ▶
- ISO Hip Flexor Plank - 30 sec/side ▶
- Rest - 30 sec



WEEK 2 - DAY 3

Full Body: 30-45 Minutes

BLOCK 1

WARM-UP (2 ROUNDS)

Set 1:

- TSP CAR - 30 sec ▶
- ISO Spring Hold - 30 sec/side ▶
- Line Hops- 30 sec (Each Direction) ▶

Set 2:

- Shoulder CAR - 30 sec ▶
 - ISO Split Squat Hold - 30 sec/side ▶
 - Step Ups - 60 sec ▶
-

BLOCK 2 (3 Sets)

- Lateral Lunge - 10 reps per side ▶
 - Lateral Shoulder Raise Towel Hold - 35 sec per side ▶
 - *Progression: Half Kneeling Lateral Shoulder Raise (Towel)* ▶
 - Dead Bugs - 60 sec ▶
 - Rest - 30 sec ▶
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BLOCK 3 (3 Sets)

- Calf Raises- 11 reps ▶
 - *Regression: Calf Raises With Wall Support* ▶
 - Elevated Pike Press - 11 reps ▶
 - *Regression: Pike Press ISO Hold - 35 sec ▶ | *Progression: Pike Press (ground)* ▶*
 - Mountain Climbers- 60 sec ▶
 - Rest - 30 sec
-

FINISHER (3 Sets)

- Wall Sit - 45 sec ▶
- Mountain Climbers - 45 sec ▶
- Rest - 30 sec

M I D W E S T M O V E M E N T **STRENGTH**

Questions?

Contact us via email or phone:



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