

## **STRENGTH TRAINING**

When you tear a ligament in your ankle, and have to cease doing HIIT workouts... You move over to strength and lower impact alternatives. I decided to add these to my collection since I have come to rely on them since injuring my ankle. Note: Since switching to mainly strength-based workouts, my body has been sore basically all the time!

### **ARMS with a little bit of LEGS**

Repeat full circuit **4 times**: *No weights needed because I didn't have any*

- 30 Push-ups
- 30 Squats
- 30 Tricep Dips
- 30 Commandos
- 30 V Push-Ups
- 30 Incline Push-ups
- 30 Diamond Push-ups
- 30 High Knees
- 30 Leg Lifts
- 30 Lat Push-ups
- 50 Plank Shoulder Taps
- 50 Hip Bridges
- 50 Dead Lifts

### **LEG DESTRUCTION**

Repeat **2-3 times**: *No weights needed because I didn't have any*

- 100 Squats
- 90 Lunges
- 80 Mountain Climbers
- 70 Sumo Squats
- 60 Squat Pulses
- 50 Glute Bridges
- 40 Curtsy Lunges
- 30 Step Ups
- 20 Squat Jumps
- 10 Burpees

## **AB WORKOUT**

Perform each exercise once: No Equipment required.

- 60 Reverse Crunches
- 60 Mountain Climbers
- 60 Genie Abs
- 60 Flutter Kicks
- 60 Over the Log
- 60 Second Hollow Hold
- 60 C-Sit Jab Kicks
- 60 Hollow Hold X Flow Thingies
- 60 Oblique Crunches
- 60 Low Plank Punches