

# IN HOME WORKOUT PROGRAM - Day 3 (Strength)

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## Group 1 (Strength 1) - 5 sets allow for 1-2 min Break between sets

<a href="#">Single Leg Squat</a> (use chair if needed)	6-8
<a href="#">Reverse Lunge + Knee Drive</a>	8 Each Side
Push-Ups ( <a href="#">Entry</a> , <a href="#">Moderate</a> , or <a href="#">Advanced</a> )	6 (if space allows)
<a href="#">V-Ups</a>	8

## Group 1 (Strength 2) - 5 sets allow for 1-2 min Break between sets

<a href="#">Bulgarian Split Squats</a>	10 Each Side
<a href="#">Side Lying Push-Ups</a>	8 Each Side
<a href="#">Side Lunges</a>	8 Each Side
<a href="#">Crossover Lunge</a>	8 Each Side
<a href="#">Side Plank Hip Dips</a>	8 Each Side

## Group 3 (core) - 3 sets allow for 1-2 min Break between sets

<a href="#">Leg Raise + Hip Thrust</a>	10
<a href="#">Side Plank + Knee Drive</a>	12 Each Side
<a href="#">Seated Knee Tuck</a>	20
<a href="#">Bicycles</a>	20 Each Side (40 total)

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