



## At Home Workout

Day 1				Day 2				Day 3			
wk 1	wk 2	wk 3	wk 4	wk 1	wk 2	wk 3	wk 4	wk 1	wk 2	wk 3	wk 4
<b>Dynamic Warmup</b>											
High Knees x10ea, Butt Kicks x10ea, Soldier Walks x 10ea, Knee Hugs x 10ea, Lunge & Rotate x10ea, Jacks/Claps x 10ea, Skip for Height x10ea, Skip for Distance x10ea, Shuffles x 10ea, Carioca x10ea, Line Hops Fwd/Bwd x10ea & Side/Side x 10ea, Broad Jumps x10, 80% Sprint											
<b>Lower Body Circuit - 3 Rounds</b>				<b>Lower Body Circuit - 3 Rounds</b>				<b>Lower Body Circuit - 3 Rounds</b>			
<b>Split Squat</b> x12ea leg (Holding weight)  <b>Lateral Lunge</b> x12ea leg (Holding weight)  <b>Bridges</b> (Progression: Double leg, Single leg) x12 (each leg if performing SL)				<b>Goblet Squat</b> x12 (Holding weight) <b>Calf Raises</b> Toes in/Toes out x10 ea way; <b>Single Leg Calf Raises</b> x10ea (Holding weight)  <b>Toe Taps on Steps - for Speed</b> 1 min				<b>Roman Deadlift</b> x12 (Holding weight)  <b>Glute Bridge Wakout</b> x12  <b>Wall Sit</b> 45sec - 1min			
<b>Upper Body Circuit - 3 Rounds</b>				<b>Upper Body Circuit - 3 Rounds</b>				<b>Upper Body Circuit - 3 Rounds</b>			
<b>Bent Over Row</b> x12 (Holding weight)  <b>Push Ups</b> x8-12 (Progression: Eelevate feet)  <b>Dips</b> x12 (Progrssion: knees bent, legs straight, one leg up, legs on gymball)				<b>High Pull</b> x12 (Holding weight)  <b>Dive Bomber Push Ups</b> x8-12  <b>Burpees</b> x10 & <b>Shoulder Taps</b> x10				<b>Renegade Row</b> x10ea (Hold weight) <b>Elbows to Hands</b> (starting in tall plank position) x30sec <b>Push Ups with Isometric Hold</b> x5-8 with 5sec hold at bottom			
<b>Core Circuit - 3 Rounds</b>				<b>Core Circuit - 3 Rounds</b>				<b>Core Circuit - 3 Rounds</b>			
<b>Front Plank</b> 1min; <b>Mountain Climber</b> x20sec; <b>Right Side Plank</b> 30sec (Progress to with rotation); <b>Mountain Climber</b> x20sec; <b>Left Side Plank</b> 30sec (Progress to with rotation)				<b>Russian Twists</b> x15ea (Holding weight); <b>Deadbugs alt arm/leg</b> x 15ea; <b>Bodysaw</b> x20				<b>6 in. hold</b> x20sec; <b>Flutterkicks</b> x20sec; <b>Scissors</b> x 20sec; <b>V-ups</b> x20sec			