



# **6 WEEK AT-HOME TRAINING PROGRAM**



## DAILY WARMUP

-  **Hamstring Static Stretch**  
x 20
-  **Adductor Static Stretch**  
x 20ea
-  **Standing Heel to Butt Stretch**  
x 20ea
-  **Standing Wall Soleus Stretch**  
x 20ea
-  **Toe Touch to Squat**  
x 10ea
-  **Fire Hydrants**  
x 10ea
-  **SL Leg Raises**  
x 10ea
-  **Dead Bugs**  
x 10ea
-  **Glute Bridge w Alt Reach**  
x 10ea
-  **Heel/Butt to Lunge w Oh Reach**  
x 10ea
-  **Wide Outs**  
2 x 10
-  **Low Pogos**  
2 x 20



# WORKOUT 1

Cardio - Walk or Jog for 20 minutes

## THE RULES

3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET.. GO!



**Push-ups** 10 reps



**Knee Grabs** 15 reps



**Bodyweight Squats** 15 reps







## WORKOUT 2

### THE RULES

3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET.. GO!

-  **Jumping Jacks** 30 reps
-  **High Knees** 30 reps
-  **Mountain Climbers** 30 reps
-  **Wall Sit** 20-45 seconds



# WORKOUT 3

Cardio - Walk or Jog for 20 minutes

## THE RULES

3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET.. GO!

 **Jump Squats** 15 reps

 **Flutter Kicks** 30 reps (15 each leg)

 **Push-up Plank** 45 seconds






## WORKOUT 4

### THE RULES

3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET.. GO!

-  **Gate Swings** 15 reps
-  **Bicycle Crunches** 40 reps
-  **Supermans** 20 reps



# WORKOUT 5

Cardio - Walk or Jog for 20 minutes

## THE RULES

3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET.. GO!



**Side Plank** 30 seconds



**Prisoner Squats** 10 reps



**Push-ups** 10 reps



**Jump Squats** 10 reps



**Forward Lunges** 10 reps each leg



**Bear Crawl** 10 reps



## WORKOUT 6

### THE RULES

10-20 reps each  
3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET.. GO!

 **Mountain Climbers**

 **Alternating V-ups**

 **Lateral Lunges**

 **Leg Raises**











# WORKOUT 7

Cardio - Walk or Jog for 20 minutes

## THE RULES

10-20 reps each  
3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET.. GO!

-  **Side Shuffle**  
5 yards back and forth
-  **Push-ups**
-  **Reverse Lunges**
-  **Russian Twists**
-  **Prisoner Squats**
-  **Scissor Kicks**



## WORKOUT 8

### THE RULES

3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET.. GO!

### 10 Second Sprint

 **Push-up** 10 reps

 **Ice Skaters** 20 reps



# WORKOUT 9

Cardio - Walk or Jog for 20 minutes

## THE RULES

10 reps each  
3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET.. GO!

-  **Russian Twists**
-  **Reverse Crunches**
-  **Windshield Wipers**
-  **Leg Raises**
-  **V-ups**



# WORKOUT 10

## THE RULES

3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET.. GO!



**Toe Touches** 15 reps



**Bodyweight Squats** 10 reps  
with 2 second pause at bottom

**Arm Circles** 20 reps



**Push-ups** 10 reps  
with feet elevated



# WORKOUT 11

Cardio - Walk or Jog for 20 minutes

## THE RULES

3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

## PLANK CHALLENGE!



**Plank** 60 seconds



**Push-up Plank** 60 seconds



**Side Plank** 30 seconds



**Plank** 60 seconds



**Side Plank** 30 seconds



# WORKOUT 12

## THE RULES

3-7 Rounds - depending on fitness level

READY.... SET.. GO!

 **Jumping Jacks** 10 seconds

 **Push-ups** 10 seconds

**Rest** 60 reps

 **High Knees** 10 seconds

 **Low Pogos** 10 seconds

**Rest** 60 reps

 **Burpees** 10 seconds

 **Mountain Climbers** 10 seconds

**Rest** 60 reps



# WORKOUT 13

Cardio - Walk or Jog for 20 minutes

## THE RULES

3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET.. GO!

-  **Step-ups** 10 reps each
-  **Reverse Crunch** 10 reps
-  **Single Leg Squat** 10 reps each
-  **Scissor Kicks** 20 reps



# WORKOUT 14

## THE RULES

5 yards each  
3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

## ANIMAL MOVES

 **Bear Crawl**

 **Spider**

 **Tiger**

 **Frog**





# WORKOUT 15

Cardio - Walk or Jog for 20 minutes

## THE RULES

10 each  
3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET.. GO!

 **Prisoner Squats**

 **Broad Jump**

 **Split Squats**

 **Vertical Jumps**



# WORKOUT 16

## THE RULES

10-30 reps  
3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET.. GO!

-  **Seal Jumps**
-  **Flutter Kicks**
-  **Mountain Climbers**
-  **Windshield Wipers**
-  **Inchworms**



# WORKOUT 17

## THE RULES

20 reps  
9 Rounds  
Rest as long as you need in between rounds

READY.... SET.. GO!

## 10 Second Sprint

 **Alternating V-ups** 10 reps

 **Wideouts** 20 reps



## WORKOUT 18

### **Squat Jumps**

### **Burpees**

#### **Minute 1: Squat Jumps**

20 seconds on, 10 seconds off  
repeat once

#### **Minute 2: Burpees**

20 seconds on, 10 seconds off  
repeat once

#### **Minute 3: Squat Jumps**

20 seconds on, 10 seconds off  
repeat once

#### **Minute 4: Burpees**

20 seconds on, 10 seconds off  
repeat once

#### **Minute 5: Squat Jumps**

20 seconds on, 10 seconds off  
repeat once

#### **Minute 6: Burpees**

20 seconds on, 10 seconds off  
repeat once

#### **Minute 7: Squat Jumps**

20 seconds on, 10 seconds off  
repeat once

#### **Minute 8: Burpees**

20 seconds on, 10 seconds off  
repeat once

#### **Minute 9: Squat Jumps**

20 seconds on, 10 seconds off  
repeat once

#### **Minute 10: Burpees**

20 seconds on, 10 seconds off  
repeat once



## WORKOUT 19

Minute 1: high knees

Minute 2: jumping jacks

Minute 3: run in place

### 4 Minutes:

1 minute walking lunges

1 minute mountain climbers

repeat for 4 minutes

### 3 Minutes:

10 push-ups / rest

15 knee grabs / rest

repeat for 3

minutes

### 2 Minutes:

30 seconds bodyweight squats

30 seconds jump squats

30 seconds body weigh squats

30 second jump squats

### 1 Minute:

plank



## WORKOUT 20

10 reps for 5 rounds  
Rest as long as you need in between rounds

### Exercise 1

 **Burpees**

### Exercise 2

 **Prisoner Squats**

### Exercise 3

 **Mountain Climbers**

### Exercise 4

 **Push-ups**

### Exercise 5

 **Ice Skaters**

### Exercise 6

 **Push-ups**

### Exercise 7

 **High Knees**

### Exercise 8

 **Plank Jacks**



# WORKOUT 21

## THE RULES

20 seconds each  
3-5 rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET.. GO!

### Exercise 1

 **Fling Jumps**

### Exercise 2

 **Mountain Climbers**

### Exercise 3

 **Low Pogos**

### Exercise 4

 **Push-ups**

### Exercise 5

 **Lateral Lunges**

### Exercise 6

 **Russian Twists**

### Exercise 7

 **Forward Lunges**



## WORKOUT 22

### THE RULES

3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET .. GO

 **Overhead Squats** 15 reps

 **Snail** 5 yards

 **Plank** 60 seconds

 **Toe Touches** 20 reps  
(use medicine ball)

 **Spider** 5 yards





# WORKOUT 23

Cardio - Walk or Jog for 20 minutes

## THE RULES

20 reps each  
3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET .. GO

 **Leg Raises**

 **Prisoner Squats**

 **Plank Jacks**

 **Mountain Climbers**

 **Knee Grabs**



# WORKOUT 24

Cardio - Walk or Jog for 20 minutes

## THE RULES

20 seconds of work - As Many Reps As Possible 10  
seconds of rest

8 Rounds Each - Followed by 2 Minutes of Rest

READY.... SET .. GO

 **Jump Squat**

 **Push-ups**

 Can be substituted with knee push-ups

 **Knee Grab**



## WORKOUT 25

### THE RULES

3 Rounds for Time  
Rest as long as you need in between rounds

READY.... SET .. GO

**Arm Circles** 1 minute each direction

 **Push-ups** 20 reps

 **Squat Jumps** 20 reps

 **Glute Bridges on Floor** 50 reps

 **Side Planks** 1 minute each side



## WORKOUT 26

### THE RULES

20 seconds each  
3-5 Rounds for Time  
Rest as long as you need in between rounds

READY.... SET .. GO

-  **Scissor Kicks**
-  **V-ups**
-  **Plank**
-  **Side Plank**
-  **Reverse Crunch**
-  **Side Plank**



# WORKOUT 27

Walk or jog for 30 minutes

## THE RULES

3-9 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET.. GO!

## 15 Second Sprint

 **Push-ups** 10 reps

 **Prisoner Squats** 10 reps






## WORKOUT 28

### THE RULES

3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET .. GO

-  **Gate Swings** 15 reps
-  **Bicycle Crunches** 40 reps
-  **Supermans** 20 reps
-  **BW Single Leg Deadlift** 10 reps each
-  **Bear Crawl** 5 yards



## WORKOUT 29

### THE RULES

3-5 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET .. GO

 **Jumping Jacks** 30 reps

 **High Knees** 30 reps

 **Squat Thrusts** 10 reps

 **Wall Sit** 20-45 seconds

**Inchworm** 10 reps



## WORKOUT 30

### THE RULES

3-7 Rounds - depending on fitness level Rest  
as long as you need in between rounds

READY.... SET .. GO

-  **Single Leg Squat** 10 reps each
-  **Single Leg Bridge** 10 reps each
-  **Ice Skaters** 10 reps each
-  **Side Shuffle** 5 yards back and forth