

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
- SL Leg Raises
- Dead Bugs x 10ea
- Glute Bridge w Alt Reach
- Heel/Butt to Lunge w Oh Reach x 10ea
- Wide Outs
- Low Pogos





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

- Push-ups 10 reps
- Knee Grabs 15 reps
- Bodyweight Squats 15 reps



THE RULES

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

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



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

- Jump Squats 15 reps
- Flutter Kicks 30 reps (15 each leg)
- Push-up Plank 45 seconds



THE RULES

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

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



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

- 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





THE RULES

10-20 reps each3-5 Rounds - depending on fitness level Restas long as you need in between rounds

- Mountain Climbers
- Alternating V-ups
- Lateral Lunges
- Leg Raises





Cardio - Walk or Jog for 20 minutes

THE RULES

10-20 reps each3-5 Rounds - depending on fitness level Restas long as you need in between rounds

- Side Shuffle5 yards back and forth
- Push-ups
- Reverse Lunges
- Russian Twists
- Prisoner Squats
- Scissor Kicks



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



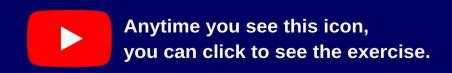
Cardio - Walk or Jog for 20 minutes

THE RULES

10 reps each3-5 Rounds - depending on fitness level Restas long as you need in between rounds

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





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



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



THE RULES

3-7 Rounds - depending on fitness level

- 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



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

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





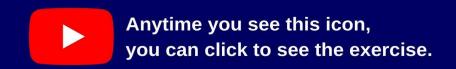
THE RULES

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





Cardio - Walk or Jog for 20 minutes

THE RULES

10 each3-5 Rounds - depending on fitness level Restas long as you need in between rounds

- Prisoner Squats
- Broad Jump
- Split Squats
- Vertical Jumps



THE RULES

10-30 reps3-5 Rounds - depending on fitness level Restas long as you need in between rounds

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





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





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



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



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





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



THE RULES

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

- Overhead Squats 15 reps
- Snail 5 yards
- Plank 60 seconds
- Toe Touches 20 reps (use medicine ball)
- Spider5 yards



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

- Leg Raises
- Prisoner Squats
- Plank Jacks
- Mountain Climbers
- Knee Grabs



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

- Jump Squat
- Push-ups
- Can be substituted with knee push-ups
- Knee Grab



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



THE RULES

20 seconds each3-5 Rounds for TimeRest as long as you need in between rounds

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



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



THE RULES

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

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



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



THE RULES

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

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