

# In Home Workout #1

Warm up: 50 jumping jacks, dynamic stretch (Take 60 seconds of rest between sets)

3 sets of push-ups to row alternating to failure

3 sets of 10 rear foot elevated split squats

3 sets of decline push-ups to failure

3 sets of 15, 1 leg stiff legged deadlifts

3 sets of chair/couch dips to failure

3 sets of 15 squat jumps

3 sets of 1-minute high plank

3 sets of 10 lateral lunges

3 sets of 15 hip raises

# In Home Workout #2

Warm up: 50 jumping jacks, dynamic stretch (Take 60 seconds of rest between sets)

3 sets of push-ups to failure

3 sets of 20 alternating walking lunges

3 sets of V-push ups to failure

3 sets of 20 alternating jump lunges

3 sets of 1 minute kneeling to standing

3 sets of 1:30 wall sit

3 sets of 15 burpees

3 sets of 1:30 low plank

3 sets of 30 second mountain climbers

3 sets of 15 tuck jumps

# In Home Workout #3

Circuit Style, no rest between

Warm up – Dynamic Stretch

1. Jumping Jacks 1 min
  2. Burpees with push up 1 min
  3. Low plank 1 min
  4. Jump rope 2 feet 1 min
  5. Mountain Climbers 1 min
  6. Wall sit 1 min
  7. Running high knees in place 1 min
  8. Side plank left side 1 min
  9. Squat jumps 1 min
  10. Side plank right side 1 min
  11. Alternating jump lunges 1 min
  12. Russian Twist 1 min
  13. Calf raises 1 min
  14. Sprint in place 1min
  15. Running heels to butt in place 1 min
- REPEAT 2X

# In Home Workout #4

Warm up: 50 jumping jacks, dynamic stretch (Take 45-60 seconds of rest between sets)

3 sets of push-ups to failure

3 sets of 10 single leg squats to couch/chair

3 sets of decline push-ups to failure

3 sets of 20 alternating step ups

3 sets of chair/couch dips to failure

3 sets of 15 sumo squats (legs wide)

3 sets of 30 side to side hops

3 sets of 15 v-ups

3 sets of 30 minute front to back hops

3 sets of 20 supermans

# In Home Workout #5

Circuit style for time

Warm up: 50 jumping jacks, dynamic stretch

10 squat jumps

10 V ups

10 burpees

10 tricep dips (chair/couch)

10 lunges

10 push ups

10 squats

10 jump lunges

Repeat 5X – take breaks when needed

# In Home Workout #6

Circuit Style, no rest between  
Warm up – Dynamic Stretch

1. Jumping Jacks 1 min
  2. Suicide runs 1 min
  3. Heismans 1 min
  4. Tuck jumps 1 min
  5. Sit ups 1 min
  6. Mountain Climbers 1 min
  7. Bicycle crunches 1 min
  8. Frog jumps 1 min
  9. Alternating lateral lunges 1 min
  10. Reverse crunches 1 min
  11. Alternating jump lunges 1 min
  12. Russian Twist 1 min
  13. Defensive slide 1 min
  14. Sprint in place 1min
  15. Single leg hip raises 1 min (Switch leg :30)
- REPEAT 2X