

AT HOME WORKOUT PLAN

Suggested Equipment: Bodylastics Resistance Bands

BB = Barbell DB = Dumbbell AMRAP = As many rounds as possible

Warm Ups

Choose from the following warm ups...

Upper body

60 seconds	Arm circles-starting small and increasing in size
60 seconds	Plank up-up-down-downs
60 seconds	Lateral raises and external rotations

Lower body

****Foam roll: glutes, quads, IT Band, calves****

20 reps	Two legged glute bridges
20 reps	Walking lunges
15 reps	Hip extensions/leg swings (15 per leg)
15 reps	Body weight jump squats
30 reps	Heels to butt

Add 3-5 minute LGHT jog to end or beginning of these if needed

LEGS

Warm-up:

2-3 min mobility drills (leg swings, long lunges, diagonal reaches)

Do your leg warm up.

Squat Variation:

Add Band under your feet and hold it around your shoulders for resistance

3 sets x 15 reps Goal is to use enough weight to provide difficult resistance, but not too much that you cannot have good form.

Leg curl variation:

Use bands seated/lying or using a Swiss Ball with hips elevated)

3 sets x 15 reps

1A. Stationary Lunge:

Use Band under front foot and around shoulders if you want to add resistance.

3 sets x 12-15 reps/leg

1B. Sumo Squat:

Use band under feet & around shoulders when it's needed. Body Weight might be fine to start.

3 sets x 15 reps

2A. Glute Bridge

with feet together aka Frog Pumps Ly on your back, feet together, Elevate hips and squeeze Glutes tight for 2 seconds at the top of each rep. Control the negative as your hips come down.

3 sets x 15 reps

2B. Banded Glute Kickbacks

3 sets x 15-20 reps

CHEST/SHOULDERS/TRICEPS

Warm-up:

2-3 min

Complete your upper body warm up

Shoulder Press:

Stand on the band and press overhead

3 sets x 15 reps

1A. Upright Row:

This can be done with a barbell, dumbbells, Band or on the cables. The Goal with these is to perform each rep with explosive power and control the negative phase of the movement (bringing the weight down)

3 sets x 12 reps

1B. Band Pull aparts:

Essentially hold arms straight out and 'pull' the resistance band apart (squeezing back of shoulders).

3 sets x 15 reps

2A. Lateral Raise:

You can use resistance bands or DB's for these. 3 sets x 12-15 reps

2B. Overhead Tricep Extension: Stand on the band and reach behind your head, then fully extend above your head.

3 sets x 15 reps

Push-Ups

These can be modified by doing them on an incline, decline or your knees
Progressions are as follows:

- Inclined
- Knees -leg straight
- legs elevated (decline)

3 sets x AMRAP

BACK & BICEPS

Warm-up:

2-3 min mobility drills

Complete your upper body warm up

1A. Narrow Vertical Pull Down:

This can be done with a band attached above your head

3 sets x 12-15

1B. Wide Row:

This can be done with a band looped under your feet

3 sets x 12-15

2A. Wide Vertical Pull Down:

This can be done with a band attached above your head

3 sets x 12-15

2B. Narrow Horizontal Row:

This can be done with a band looped under your feet

3 sets x 12-15

3A. Curls:

This can be done with a band or Db's

3 sets x 12-15

3B. Hyperextension or Superman:

3 sets x 12-15 reps

4. Ab exercise of choice

3 set x 12-15 reps

Total Body Conditioning

Warm-up:

2-3 min

Complete your upper and lower body warm up

AMRAPs:

Option 1 Abs (3-4 rounds)

1A. Weighted V-up

3 sets x 10-15 reps; rest 30-60sec before proceeding to 1B.

1B. Side Plank

Hold 3 sets x 30 sec hold per set; rest 30-60sec before starting back at 1A.

Total Body Conditioning

Prisoner Squats (fast)	<i>30 sec ON, 2 sec OFF x 4 rounds</i>
Plyo Push-ups (no clap)	<i>30 sec ON, 2 sec OFF x 4 rounds</i>
Plyo or Reverse Lunges	<i>30 sec ON, 2 sec OFF x 4 rounds</i>
Mountain Climbers	<i>30 sec ON, 2 sec OFF x 4 rounds</i>
	<i>1min rest between sets x 4 rounds</i>

Option 2 Abs: (3-4 rounds)

1A. Seated Russian Twist (heels on the ground)

3 sets x 10-15 reps; rest 30-60 sec before proceeding to 1B

1B. Forward Plank

Hold 3 sets x 30 sec hold per set; rest 30-60sec before starting back at 1A.

Total Body Conditioning

Plyo Lunges off step	<i>30 sec ON, 2 sec OFF x 4 rounds</i>
DB Push Press	<i>30 sec ON, 2 sec OFF x 4 rounds</i>
Pop squats	<i>30 sec ON, 2 sec OFF x 4 rounds</i>
Burpees w/jump	<i>30 sec ON, 2 sec OFF x 4 rounds</i>