

# 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>