



Home Workouts Vol 1

- 1) 5 Second Squat hold 2 jump squats repeat 5 times
Push up 5 second hold, twist to side 5 sec hold, twist to other side 5 sec hold repeat 3 times
Repeat 3-5 times
- 2) Side Plank 30 seconds each side
Side Lunge 10 one side 10 the other side
10 walk out push ups
Repeat 3-5 times
- 3) Hollow Hold or Kettlebell pull over 60 seconds
10 slow count push ups to the floor 5 times
Repeat 3-5 times
- 4) Squat Hold 30 seconds
Jump Squat 30 seconds
5 Walk out Push ups
Repeat 3-5 times
- 5) Squat hold 15 seconds
Body weights squats 15 seconds
Squat hold 15 seconds
Body weight Squats 15 seconds
Push up 60 seconds
Repeat 3-5 Times