



Home Workout: Building a Plan

Squat Hold 30 seconds

Side Plank 30 seconds each side

Squats 30 seconds

5 walk out push ups

Repeat 1-5 times

Hollow Hold or Kettlebell pull over 60 seconds

5 Push ups all are 10 second slow count to the floor (each is 10 seconds controlled all the way to the floor/ don't worry if you can't push back up. This trains you for the strength of it)

Repeat 1-5 times

Squat Hold 30 seconds

Jump Squat 30 seconds

5 Walk out Push ups

Repeat 1-5 times

Squat hold 15 seconds

Body weights squats 15 seconds

Squat hold 15 seconds

Body weight Squats 15 seconds

Push up 60 seconds

Repeat 1-5 Times

Squat to box / once seated 2 shoulder presses: repeat 5 times

TRX 2 handed row 15X

Scissor kicks 60 seconds

Repeat 1-5 times



Goblet squats for 60 seconds
Chest Press 60 seconds
Plank 60 seconds
Goblet squats for 45 seconds
Chest Press 45 seconds
Plank 45 seconds
Goblet squats 30 seconds
Chest Press 30 seconds
Plank 30 seconds
Repeat 1-5 times

Hip Thrusters 20 times
Push ups 5 times
Plank 60 seconds
Repeat 1-5 times

Squat 60 seconds
Bicep curl to shoulder press 60 seconds
Renegade Rows 60 seconds
Hip Thrusters 60 seconds
Repeat 1-5 times

Chest Flies 60 seconds
Hip Thrusters 60 seconds
Chest Presses 60 seconds
Bicycle kicks 60 seconds
Repeat 1-5 times