



TIER OPERATOR TRAINERS



Redcon1 Home Workout Plan

Tips/Information

- You can always find some kind of weights or weighted objects around your house even if it is not a weight plate, barbell or dumbbell

Some examples of household items to substitute weights

- Water jugs/ gallon jugs
- Backpacks with books, rocks, or heavy objects inside
- Empty protein powder tubs
- Books
- Table (Make sure your table is sturdy if you're doing rows or any exercise related)

You can always buy workout equipment from local stores a few good options are

- Resistance Bands
- Dumbbells
- Kettlebells
- Barbell
- Weight Plates
- Door way pull up bar

If you're interested in what you can do with the empty protein tub here are some ideas, add rocks/sand/rice until the weight is heavy enough.

Grip Work - 3 sets of 20-30 second

Protein Tub Grip Work

Flexion

<http://i.imgur.com/iuYuwJk.jpg?1>

Extension

<http://i.imgur.com/OLqkEIM.jpg?1>

Door Pinch - 3 sets of 20-30 seconds

Grab an open door edge and lean back. This will help strengthen the thumb as it's the limiting factor in pinch type exercises. Make sure you're holding the door at the same height to consistently measure progress (grabbing lower is harder). Walk your feet in towards the door to up the difficulty.

Getting into the Program

If you decide you don't have the equipment, space, or, outside area to do any of these activates you can use a substitute exercise or activity. Here is a small list I made, **Bodyweight substitutions are highlighted.**

- Pull Ups – Rows (with resistance bands, or anything you can find) **Any variation of superman's, wide grip pushups, inverted rows**
- Running – Rowing, cycling swimming, stair running, footwork drills, etc.
- Reverse Curls – Any kind of **Grip, forearm and bicep work**
- Shoulder Press- **pike pushups, plank to downward dog, handstand pushups.** You can use jugs or any other substitute you have for this exercise.

This program is a two week, push, pull, legs split. Depending if you have weights or don't you can adjust the reps and sets if

needed. Cardio will be incorporated in this program 3 times a week, the circuits are counted as cardio, if you want to add more cardio feel free. Now that you have more of an idea on what to use for a home workout let's get into the program.

Week 1 Day 1/ Push A

Pushups 3x25

Incline Push Ups 3x25

Tricep Dips 3-5x25

Lateral Raises 3-4x8-12

Plank- 3x1min/ 3 sets one minute each

One Mile Run

Week 1 Day 2/ Pull A

Pull Ups 3x10

Rows/Inverted Rows 3-5x8-12

Bicep Curls/ Supinated Inverted Rows 3x12

Reverse Curls 3x12/Grip Work

Sit ups 3x25

Week 1 Day 3 Legs A

Squats 3x15

Superman's 3x10-12

Lunges 3x15

Bulgarian Split Squat 3x12-15

Calf Raises 3x30

Week 1 Day 4 – REST/ OPTIONAL CARIDO

Cardio Suggestions

- Running
- Cycling
- HIIT Workouts
- Footwork/ladder drills
- Rowing
- Sprinting

HIIT Workout Example

* 30 sec push ups

* 30 sec mountain climber

Alternate for 3mins

* 30 sec frog jumps

* 30 sec bicycle crunches

Alternate for 2mins

*30 sec plank

* 30 sec pickpockets/Russian twists

Alternate for 3mins

* 30 sec wall sit

* 30 sec push ups

Alternate for 2mins

20 Burpees

Week 1 Day 5 Push B

Shoulder Press 5x8-12

Tricep Dips 3x25

Pike Pushups 3x15-20

5-6 rounds of:

40 sec step ups, 20 sec rest,

40 sec Squat jumps, 20 sec rest,

40 sec lunges, 20 sec rest,

40 sec med ball slams, 20 sec rest.

*Use a 10-30 lb medicine ball for all. Optional: use a 10-20 lb weight vest.

•2x40 leg levers, 2x40 4-count scissor kicks, 3x1 min plank, 2x1 min side

Week 1 Day 6 Pull B

Rows 5x8-12

Pull ups/Chin ups 3x10

Bicep Curls/ Inverted Supinated Rows 3x12-15

•5-6 rounds of:

30 sec push-ups, 30 sec rest,

30 sec sit-ups, 30 sec rest,

30 sec squats, 30 sec rest,

30 sec wall sit, 30 sec rest,

30 sec dips, 30 seconds rest.

Week 1 Day 7 Legs

• Squats 3x25

- Hip Thrusters 3x15-20
- Lunges 3x15
- Step ups 3x15
- Calf Raises 3x30

Week 2 Day 1 OFF/OPTIONAL CARDIO

Week 2 Day 2 Push A

Pushups 3x25

Incline Push Ups 3x25

Tricep Dips 3-5x25

Diamond Pushups 3x20

Plank 3x1min/ 3 sets of 1 minute

One Mile Run

Week 2 Day 3 Pull A

Pull Ups 3x10

Rows/Inverted Rows 3-5x10-15

Bicep Curls/ Supinated Inverted Rows 3x12

Reverse Curls 3x12/Grip Work

Sit Up into Russian Twist 5x20

Week 2 Day 4 Legs

Lunges 3x15-20

Cossack Squat 3x15-20

Wall Sit 3x1/3 Sets of 1 minute

Bulgarian Split Squat 3x12-15

Squats 3x15-20

Week 2 Day 5 OFF/OPTIONAL CARDIO

Week 2 Day 6 Push B

Shoulder Press 5x8-12

Tricep Dips 3x25

Pike Pushups 3x15-20

5-6 rounds of:

40 sec step ups, 20 sec rest,

40 sec squat jumps, 20 sec rest,

40 sec lunges, 20 sec rest,

40 sec burpees, 20 sec rest.

Optional: use a 10-20 lb weight vest.

- 2x40 leg levers, 2x40 4-count scissor kicks, 3x1 min plank, 2x1 min side

Week 2 Day 7 Pull B

Rows/Inverted Rows 5x8-12

Pull ups/Chin ups 3x10

Bicep Curls/Supinated Inverted Row 4x12

•5-6 rounds of:

30 sec push-ups, 30 sec rest,

30 sec sit-ups, 30 sec rest,

30 sec squats, 30 sec rest,

30 sec wall sit, 30 sec rest,

30 sec tricep dips, 30 seconds rest.

Week 3 Day 1 Legs

Lunges 3x15-20

Cossack Squat 3x15-20

Wall Sit 3x1/3 Sets of 1 minute

Step ups 4x15-20

Squats 3x15-20

