

At Home Workout

This workout plan is suitable for beginners, intermediate, and advance levels. With the coronavirus going around, this program will keep you active and healthy. Depending on your fitness experience, use the resources you have at home as equipment to help maximize your workout. If you have any questions about this workout or want a custom plan, reach out to me. Questions or tips in fitness are also welcomed. I'm here to provide value in this time of need and after it's all said and done.

4 day workout 3 day rest. Split workout and rest days for optimal results.

Full Body

High knees 3x20
Burpees 3x15
Jumping lunges 3x15 (each leg)
Diamond push-ups 3x20
Tricep dips 4x20 (chair)
Russian twists 3x20 (each side)
Plank 3x 30 sec/1min hold

Full Upper

Push-ups 3x20
Incline push-ups 3x20
Tricep dips 3x20 (chair)
Lateral raises 3x15 (water jug)
Bicep curls 3x20 (water jug)

Full Lower

Step ups 4x20 (each leg) (chair)
Single leg glute bridge 3x20 (chair)
Squats 4x20 (superset)
Lunges 3x15 (superset)
Standing calf raises 4x15