

**COVID-19 HOME WORK-  
OUT PLAN**

**REDCON 1**  
**TIER OPERATOR**

*THE HIGHEST STATE OF READINESS*



**The equipment (minimal) :**



- set of dumbbells
- bands
- yoga/training mat

**The Stack (Redcon1 obviously) :**



**Pre workout :** - Big Noise (pump formula)

- Total War (Stim)

**Intra workout :** - Cluster bomb (carb source)

- Grunt (EAA's)

**Post workout :** - Grunt

*To attach my bands, I jammed them between the doorpost and the door or used the handles of my kitchen cabinets. Use your imagination!*

**Day 1 : Chest**

- Banded straight Flies 4x25 (*Attach the band around any sort of chest high doorhandle or something*)
- Dumbbell press 4x20 (*laying with your back on the armrest of the couch or some other small surface*)
- Banded push downs 4x15 (*wrap band around your shoulders and simulate a dipping motion*)
- Banded raises 4x20 (*Attach bands onto your dumbbells or stand on them and go cross body*)
- Banded floor press 4x15 (*wrap bands around dumbbells and lay across your band for resistance*)
- Diamond press 3x10 (*put dumbbells against eachother with your hands in neutral position*)

### ***Day 2 : Back***

- Banded pulldowns wide grip 4x20 (*Attach bands around a high surface/door and jam it in the doorseal*)
- Dumbbell rows 4x15 (*Standard, just use the armrest of the couch or a chair as a bench*)
- Banded close grip rows 4x20 (*Seated, wrap the band around a doorhandle*)
- Banded single arm low rows 3x15 (*Band around a dumbbell and stay fairly straight for this one*)
- Banded close grip pulldowns 3x15 (*same deal as the regular pulldowns, any high surface to attach the band*)
- Banded Deadlifts 4x25 (*stand on your band, make sure there's enough tension and perform deadlift motion*)

### ***Day 3 : Arms***

- Banded pushdowns 4x20 (*Any high surface to attach band, stay strict in form and keep control of the negative*)
- Dumbbell small press 4x20 (*Again, keep control of the negative*)
- Banded single arm standing overhead extension 4x20 (*Any high surface of the band, strict form*)
- Single arm laying dumbbell extension 4x15 (*Same as you would in the gym*)
- Seated dumbbell overhead extension 4x20 (*Same as you would in the gym*)
- Dumbbell curls 4x15-20 (*No explanation needed here*)
- Banded preacher curls 4x20 (*Attach band to low surface, use a chair/desk chair as 'your armrest*)
- "Barbell" curl 4x15 (*I grabbed the ends of my dumbbells, or just push them together and keep them there all the way*)
- Banded overhead curls 4x20 (*Attach band to high surface, ensure enough tension and pull overhead, keeping your arms level the entire time*)
- Hammer curls 4x10 followed by wrist curls 4x10

### ***Day 4 : Abs***

**Now this is a short one so you could easily add this in after any other workout day if you feel like doing this more than once a week, or you want an extra rest day**

- Ab crunches 4x20
- Laying leg raises 4x15 (*legs straight, no knee raises*)
- Banded side bends 3x15 High "pulley" (*Attach band to a high surface for these, working upper obliques*)
- Banded side bends 3x15 Low "pulley" (*Attach bands to a low surface, working lower obliques*)
- Banded crunches 4x15 (*Mimicking a cable crunch, attach band to high surface and use the resistance for balance. Grab the band higher up for more resistance*)
- Banded leg raises 4x15 (*Attach band to low surface and use the resistance to work your lower abs*)

### **Day 5 : Legs and calves**

#### **Quads**

- Banded leg extension 4x15 (*attach bands around couch legs and extend your legs, holding contraction for 2-3 seconds*)
- Banded squats 4x15 (*Stand on your band a little wider than shoulder width, wrap the band over your back. Shoulders in front of your form, again holding contraction for 2-3 seconds*)
- Banded leg press 4x15 (*Lay on your back and put a band under your feet, stretch them out while holding the band with your hands. Make it harder by grabbing the band further towards your feet*)
- Bulgarian split squats 3x10/leg (*any higher surface to put one leg up will do, this one is pretty straight forward*)

#### **Hamstrings**

- Banded one legged leg curls 4x15/leg (*band around couch leg, try to keep focus on your form*)
- Banded goodmornings 3x15 (*pretty straight forward again, stand on your band and wrap it around your shoulders/back*)
- Banded laying leg curls 4x10 (*put the band around a low surface and attach to your feet, lay down on your belly and just perform a leg curl, keep contraction at the top*)

#### **Calves**

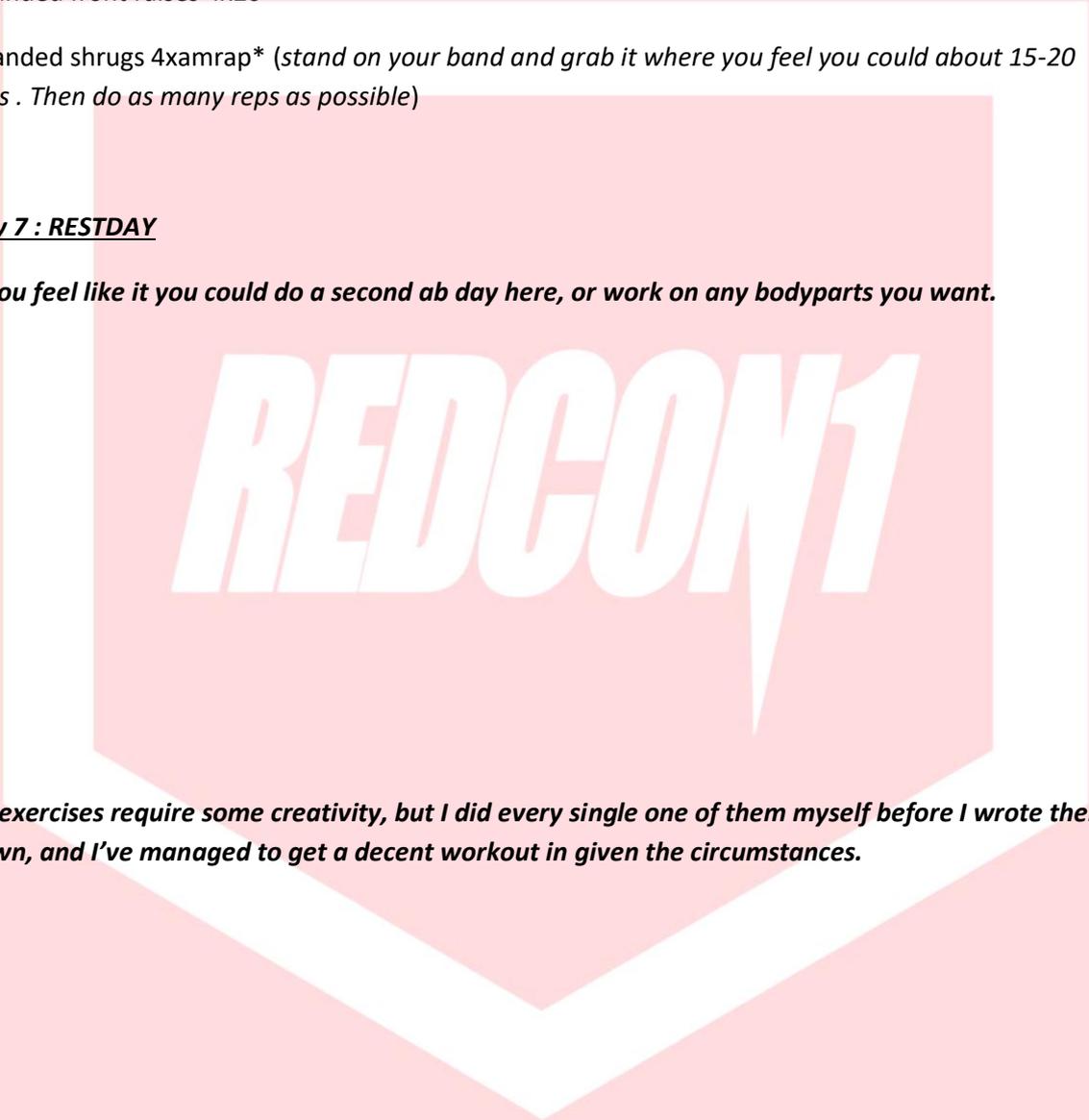
- Standing calf raises 4x15 (*make sure you have somewhat of an elevation to stand on for a good stretch and work a different angle every set: feet together, toes pointed in, toes pointing out and wide stance*)

### **Day 6 : Shoulders**

- Dumbbell delt raises 4x20
- Dumbbell alternating front raises 4x15/arm
- Banded face pulls 4x20 (*Attach band to a high surface and pull it overhead with your elbows out*)
- Dumbbell press 4x25
- Banded reverse "peck deck" 4x20 (*attach band somewhat shoulder height when seated, keep your back straight and keep tension all the way through the motion*)
- Banded front raises 4x20
- Banded shrugs 4xamrap\* (*stand on your band and grab it where you feel you could about 15-20 reps . Then do as many reps as possible*)

**Day 7 : RESTDAY**

***If you feel like it you could do a second ab day here, or work on any bodyparts you want.***



# REDCON1

***All exercises require some creativity, but I did every single one of them myself before I wrote them down, and I've managed to get a decent workout in given the circumstances.***