

## HOME WORKOUT

### Monday

- **GLUTE BRIDGES. 100 REPS**

### 4 ROUNDS FOR TIME

**Complete 4 rounds for time as quickly as you can.**

**REPEAT 4X 20 REPS**

- **BURPEES**
- **STEP-Ups**
- **Squat Jumps**
- **Plank Shoulder Taps**

**TUESDAY**  
**30 MIN EMOM**

**30 Min on the minute every minute. You'll perform one exercise. Once you finish the exercise rest until the start of the next minute and then start the next exercise. You will do 5 rounds of 6 exercises for 30 Min.**

**Jumping Jacks 25 Reps**

- **Two way shoulder raise 12 Reps**
- **Air Squat. 20 Reps**
- **Push-Ups. 20 Reps**
- **Lateral Side lunges. 12 reps per side**

**PLANK SERIES**

**Perform all planks without dropping. 60-90 sec rest between each series..**

**REPEAT 3X 45 sec hold on each**

- **PLANK**
- **Side Plank**
- **PLANK**

**WEDNESDAY**  
**30 MIN EMOM**

**30 Min on the minute every minute. You'll perform one exercise. Once you finish the exercise rest until the start of the next minute and then start the next exercise. You will do 5 rounds of 6 exercises for 30 Min. Get Creative for workouts that use weights water bottles, Jugs, etc..**

- **Line Hops (Front 2 Back) 25 Reps**
- **Line Hops (Side 2 Side) 25 Reps**
- **Broad Jump 12 Reps**
- **Push-Ups 20 Reps**
- **Front Plank Oblique Taps 12 Reps each side**
- **Lateral Lunges 12 Reps per side**

**4 Round AMRAP Burpees**

**Do 4 Rounds of Burpees 30 Secs Rest 30 secs**

## **THURSDAY**

- **LUNGES 100 STEPS (50 per side)**

### **30 MIN EMOM**

**30 Min on the minute every minute. You'll perform one exercise. Once you finish the exercise rest until the start of the next minute and then start the next exercise. You will do 5 rounds of 6 exercises for 30 Min. Get creative for workouts that uses weights.**

### **20 REPS PER Exercise**

- **Burpees**
- **Bicep Curl**
- **Push-Ups**
- **Box Jumps**
- **DB ROWS**
- **Bench Dips**

## **CORE**

**60 SEC REST BETWEEN SETS**

**REPEAT 3X 30 Reps Per Exercise**

- **Supermans**
- **Sit-Ups**
- **Reverse Crunch**

## **FRIDAY**

### **30 MIN EMOM**

**30 Min on the minute every minute. You'll perform one exercise. Once you finish the exercise rest until the start of the next minute and then start the next exercise. You will do 5 rounds of 6 exercises for 30 Min. Get creative for workouts that uses weights.**

- **High Knees 25 Reps per side**
- **Butt kicks. 25 Reps per side**
- **Plank Toe Taps 12 Reps Per side**
- **Reverse Lunges 12 per side**
- **Hip Thrust**

## **CORE**

**Rest 30-60 Sec Between sets.**

**REPEAT 3X 30 reps**

- **Russian Twist (30 Reps per side)**
- **Sit-Ups**
- **Lying leg raise pulse at 90 ddegrees**

## **SATURDAY**

### **1 Round For Time**

- **Push-Ups 100 Reps**
- **Sit-ups 200 Reps**
- **Air Squat 300 Reps**

## **SUNDAY**

### **ACTIVE REST**