

Home Workout Program

Thank you for downloading this home workout regiment and If you have any questions please let me know at dom@teamkuza.com

I also provide nutritional coaching, macro dieting, meal plans, and weekly check ins at teamkuza.com. Again, for any questions please contact me at dom@teamkuza.com

You don't need to work out according to the Schedule But you can pick 1-3 workouts a week if you wanted

Week 1

Monday

1 Minutes for Each Exercise

90 Second rest between each round

Perform 5 Rounds of Exercise

- High Knees
- Squats
- Alternating Lunges
- Plank Arm Raises
- Plank Leg Raises
- Mountain Climbers
- Push Ups (or Kneeling Push Ups)

Tuesday

8 Rounds

60 Second Rest Between Each Round

- 20 Lying Leg Raises
- 20 Plank Jacks
- 20 Plank Shoulder Taps
- 20 Flutter Kicks

Wednesday

7 Rounds

90 Sec Rest Between Each Round

- 20 Lunge Step Ups Each Leg
- 20 Jumping Jacks
- 10 Burpees with Jump (no push up)
- 20 Glute Bridges
- 40 Bicycle Crunches

Thursday

Active Rest Day, Stretching and/or Light Cardio

Hold each stretch for 60 seconds each or 30 second each side/leg

3 sets

- Seated Hamstring Stretch
- Butterfly Stretch
- Leg to Chest Stretch
- Quad Stretch
- Shoulder Stretch
- Cross Neck Shoulder Stretch
- Standing Toe Touches

Friday

8 Rounds

60 Second Rest Between Each Round

- 50 Jumping Jacks
- 40 High Knees
- 30 Mountain Climbers
- 20 Jump Squats
- 10 Plank Jump Ins

Saturday

7 Rounds

60 Second Rest Between Each Round

- 20 Squats
- 20 Mountain Climbers
- 10 Push Ups (or Kneeling Push Ups)
- 20 Bicycle Crunches
- 20 Squats
- 20 Mountain Climbers
- 10 Push Ups (or Kneeling Push Ups)
- 20 Bicycle Crunches
- 20 Squats
- 20 Mountain Climbers
- 10 Push Ups (or Kneeling Push Ups)
- 20 Bicycle Crunches

Sunday-OFF

Week 2

Monday

2 Rounds

2 min rest between rounds

- 60 Second (Or Max Time) Full Plank
- 30 Second Elbow Plank
- 60 Second Raised Leg Plank (30 secs each leg)
- 60 Second (Or Max Time) Side Plank
- 30 Second Full Plank
- 60 Second (Or Max Time) Elbow Plank

Tuesday

6 Rounds

60-90 Sec Rest Between Rounds

- 20 Squats
- 10 Push Ups (or Kneeling Push Ups)
- 20 Shoulder Taps
- 20 Squats
- 10 Push Ups (or Kneeling Push Ups)
- 10 Plank Arm Raises
- 20 Squats
- 10 Push Ups (or Kneeling Push Ups)
- 10 Plank Arm Raises

Wednesday

- 10 Push Ups (or Kneeling Push Ups)
 - 50 Sumo Squats
 - 50 Glute Bridges
 - 50 V-Crunches
- 3 rounds -60-90 sec rest between rounds

- 50 Squats w/Side leg lift
 - 50 Side Lunges
 - 50 Side Crunches (25/25)
- 3 rounds 60-90 sec rest between rounds

- 10 Push Ups (or Kneeling Push Ups)
 - 50 Squat Jumps
 - 50 Crunches
 - 50 Jumping Jacks
 - 100 Bicycle Crunches
- 2 rounds 60-90 sec rest between rounds

Thursday

Active Rest Day, Stretching and/or Light Cardio

Hold each stretch for 60 seconds each or 30 second each side/leg

3 sets

- Seated Hamstring Stretch
- Butterfly Stretch
- Leg to Chest Stretch
- Quad Stretch
- Shoulder Stretch
- Cross Neck Shoulder Stretch
- Standing Toe Touches

Friday

- 30 Leg Raises
 - 30 Sec Wall Sit
 - 20 Reverse Lunges Each Leg
- 4 Rounds- 60-90 sec rest between rounds
- 20 Pendulum Lunges
 - 10 Burpees
 - 30 High Knees
- 4 Rounds- 60-90 sec rest between rounds

Saturday

5 Rounds

60-90 Sec Rest between each round

- 10 Push Ups (or Kneeling Push Ups)
- 10 Shoulder Taps
- 10 Push Ups (or Kneeling Push Ups)
- 10 Up Down Planks
- 10 Shoulder Taps
- 10 Push Ups (or Kneeling Push Ups)

Sunday

Rest Day

WEEK 3

Monday

6 Rounds

60-90 Sec Rest between each round

- 10 Crunches
- 10 Leg Raises
- 20 Bicycle Crunches
- 20 Flutter Kicks
- 30 Sec Full Plank
- 30 Sec Elbow Plank
- 5 Body Saw

Tuesday

90 Second Rest between each round

- 10 Push Ups (or Kneeling Push Ups)
- 50 Sumo Squats
- 50 Glute Bridges

5 rounds

- 10 Push Ups (or Kneeling Push Ups)
- 50 Lunges (each leg)
- 50 Jump Squats

5 rounds

- 10 Push Ups (or Kneeling Push Ups)
- 20 Sit-ups
- 50 Pendulum Lunges

5 rounds

Wednesday

8 Rounds

60 Second Rest Between Each Round

- 20 Lying Leg Raises
- 20 Plank Jacks
- 20 Plank Shoulder Taps
- 20 Flutter Kicks

Thursday

Active Rest Day, Stretching and/or Light Cardio

Hold each stretch for 60 seconds each or 30 second each side/leg

3 sets

- Seated Hamstring Stretch
- Butterfly Stretch
- Leg to Chest Stretch
- Quad Stretch
- Shoulder Stretch
- Cross Neck Shoulder Stretch
- Standing Toe Touches

Friday

7 Rounds

90 Sec Rest Between Each Round

- 20 Lunges (10 each leg)
- 20 High Knees
- 20 Squats
- 20 High Knees
- 10 Jump Squats
- 20 High Knees
- 20 Plank Jakes
- 20 High Knees

Saturday

2 Rounds

2 min rest between rounds

- 60 Second (Or Max Time) Full Plank
- 30 Second Elbow Plank
- 60 Second Raised Leg Plank (30 secs each leg)
- 60 Second (Or Max Time) Side Plank
- 30 Second Full Plank
- 60 Second (Or Max Time) Elbow Plank

Sunday-OFF

Week 4- Final Week

Monday

7 Rounds

90 Sec Rest Between Each Round

- 20 Lunge Step Ups Each Leg
- 20 Jumping Jacks
- 10 Burpees with Jump (no push up)
- 20 Glute Bridges
- 40 Bicycle Crunches

Tuesday

8 Rounds

60 Second Rest Between Each Round

- 50 Jumping Jacks
- 40 High Knees
- 30 Mountain Climbers
- 20 High Knees
- 10 Plank Jump Ins

Wednesday

6 Rounds

60-90 Sec Rest Between Rounds

- 20 Squats
- 10 Push Ups (or Kneeling Push Ups)
- 20 Shoulder Taps
- 20 Squats
- 10 Push Ups (or Kneeling Push Ups)
- 10 Plank Arm Raises
- 20 Squats
- 10 Push Ups (or Kneeling Push Ups)
- 10 Plank Arm Raises

Thursday

Active Rest Day, Stretching and/or Light Cardio

Hold each stretch for 60 seconds each or 30 second each side/leg

3 sets

- Seated Hamstring Stretch
- Butterfly Stretch
- Leg to Chest Stretch
- Quad Stretch
- Shoulder Stretch
- Cross Neck Shoulder Stretch
- Standing Toe Touches

Friday

2 Rounds

2 min rest between rounds

- 60 Second (Or Max Time) Full Plank
- 30 Second Elbow Plank
- 60 Second Raised Leg Plank (30 secs each leg)
- 60 Second (Or Max Time) Side Plank
- 30 Second Full Plank
- 60 Second (Or Max Time) Elbow Plank

Saturday

7 Rounds

60 Second Rest Between Each Round

- 20 Squats
- 20 Mountain Climbers
- 10 Push Ups (or Kneeling Push Ups)
- 20 Bicycle Crunches
- 20 Squats
- 20 Mountain Climbers
- 10 Push Ups (or Kneeling Push Ups)
- 20 Bicycle Crunches
- 20 Squats
- 20 Mountain Climbers
- 10 Push Ups (or Kneeling Push Ups)
- 20 Bicycle Crunches

Sunday-OFF

Video Instructions

- Plank: https://www.youtube.com/watch?v=pSHjTRCQxIw&list=PLacPhVACI3MM8-fmxD_0cTAEQKCUJmnPH
- Flutter Kick: https://www.youtube.com/watch?v=ANvdMDaYRts&list=PLacPhVACI3MM8-fmxD_0cTAEQKCUJmnPH&index=3
- Glute Bridge https://www.youtube.com/watch?v=8bbE64NuDTU&list=PLacPhVACI3MM8-fmxD_0cTAEQKCUJmnPH&index=9
- Burpee https://www.youtube.com/watch?v=wS4OsJ4yzx4&list=PLacPhVACI3MM8-fmxD_0cTAEQKCUJmnPH&index=14
- Squat Jump https://www.youtube.com/watch?v=DeTBwEL4m7s&list=PLacPhVACI3MM8-fmxD_0cTAEQKCUJmnPH&index=25
- Push Up https://www.youtube.com/watch?v=wxhNoKZIfy8&list=PLacPhVACI3MM8-fmxD_0cTAEQKCUJmnPH&index=34
- Reverse Lunge <https://www.youtube.com/watch?v=xrPteyQLGAo>
- Pendulum Lunge <https://www.youtube.com/watch?v=LJTRp6rkjX8>
- Mountain Climbers <https://www.youtube.com/watch?v=nmwgirgXLYM>
- Lying Leg Raise <https://www.youtube.com/watch?v=JB2oyawG9KI>
- Plank Arm Raises <https://www.youtube.com/watch?v=XMVrDGUKvD0>
- Bicycle Crunches <https://www.youtube.com/watch?v=9FGilxCbdz8>
- Shoulder Taps <https://www.youtube.com/watch?v=TvZNJ5U0Sjs>
- V-Crunches <https://www.youtube.com/watch?v=iP2fjvG0g3w>
- Side Crunches <https://www.youtube.com/watch?v=9GRHGnlfJhg>
- Sumo Squat <https://www.youtube.com/watch?v=9ZuXKqRbT9k>
- Crunch https://www.youtube.com/watch?v=Xyd_fa5zoEU
- High Knees <https://www.youtube.com/watch?v=oDdkytliOqE>
- Body Saw <https://www.youtube.com/watch?v=FGLRgxxG084>
- Plank Jump In <https://www.youtube.com/watch?v=olwdTQEIJNg>
- Plank with Leg Raise <https://www.youtube.com/watch?v=s1MeMvqSNqA>
- Full Plank <https://www.youtube.com/watch?v=ql8qf61rCDo>