

# At Home Workouts

**This is a 3 day strength workout, with an additional optional quick cardio workout.**

**These are supersets. Perform exercise A1 then immediately do A2. If you need to, rest, then repeat back through each set 3 times. Then move onto the B and C supersets.**

**Everything can be modified, so if you need any help or any movement gives you trouble or pain, let me know and we can change it.**

**These workouts require no equipment! All you will need is a *chair or couch, one stair/step, 2 cans or 2 bottles of water, and a towel***

**If you don't know how to do an exercise, there will be a link for a quick video. Or email me and I can help.**

# At Home Workouts

## Day 1: Total Body

Exercise	Reps	Notes
A1. air squats	x10-12 reps	
A2. push-ups	x10	use chair or couch to elevate, or on knees
B1. <u>rear-foot elevated lunge</u>	x10	put your back foot on a chair/couch
B2. <u>lateral raise</u>	x10-12	use 2 cans of food or bottles of water
C1. <u>Towel leg curl</u>	x10	
C2. <u>shoulder tap planks</u>	X20	

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## Day 2: Total Body

Exercise	Reps	Notes
A1. <u>single leg squats</u>	x8-10/each	use chair or couch behind you
A2. <u>chair tricep dips</u>	x8-10	use chair or couch
B1. <u>forward lunge</u>	x8/each	
B2. <u>close grip pushups</u>	x8-10	<u>use chair or couch to elevate,</u> <u>or on your knees</u>
C1. <u>glute bridge</u>	x15	
C2. <u>mountain climbers</u>	x20	

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## Day 3: Total Body

Exercise	Reps	Notes
A1. <u>one-leg toe touch</u>	x10/each	use something to balance if needed
A2. <u>bicep curl</u>	x10-12	use 2 cans or bottled water
B1. <u>step-up</u>	x10/each	use the first step of your stairs
B2. <u>overhead tricep extension</u>	x12	use cans or bottled water overhead
C1. <u>supermans</u>	x15	
C2. <u>wall sit</u>	X:30-:60 seconds	up against the wall, or hold at the bottom of air squat

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## Day 4: quick cardio workout

Perform 3 rounds as fast as possible. Perform these exercises as quickly as possible. There is NO designated rest times, but rest when you need it. Try to beat your time each week.

Exercise	Reps	Notes
A1. mountain climbers	x20	as fast as possible
A2. bodyweight squats	x20	
A3. <u>inchworm walk-outs</u>	x10	walk out into plank then back to standing
A4. <u>jumping jacks</u>	x20	<u>modified version- tap one leg out at a time</u>