

# Advanced Home Workout

Frequency: 5 times per week

Duration: 60-75 minutes per session

1. Warm-up: 10 minutes of dynamic stretching, mobility drills, and jumping jacks.

2. Workout:

- Plyometric Lunges - 4 sets of 20 reps (10 per leg).
- Decline Push-Ups (feet elevated) - 4 sets of 15 reps.
- Single-Leg Glute Bridges - 4 sets of 15 reps per leg.
- Handstand Push-Ups or Pike Push-Ups - 4 sets of 10-12 reps.
- Burpee to Tuck Jump - 4 sets of 12 reps.
- Plank to Push-Up - 4 sets of 15 reps.

3. Cool-down: 10 minutes of stretching and mobility exercises.