Cole Anderson

770-361-0152

cja93703@uga.edu

**30 At Home Workouts**

The following workouts are designed so they can be completed at home with practically no equipment required. The workouts resemble the Ranger Challenge PT sessions, and they consist solely of bodyweight movements. They do not need to be completed in order, you can just pick one and go. Each workout is designed to push one’s metabolic conditioning and muscular endurance. They will range from 20-40 minutes each with some being more difficult than others. You may find that some of the workouts are beyond your current fitness levels, and in that case you can scale the reps down to a realistic standard. Remember, however, that you will get out whatever you put in. Push yourself on every workout, and you will start to see results.

**KEY:**

* **AMRAP (as many rounds as possible):** Complete the prescribed # of reps and repeat from the top once all reps are completed. Goal is to finish as many rounds as you can in the allotted time.

* **EMOM (every minute on the minute):** Complete prescribed # of reps of an exercise at the top of a minute and then rest for whatever time you have left until the next top-of-minute.

**NOTES:**

* To track running distances, you can use an app such as Under Armour’s Map my Run or Nike Run Club
* If you do not have access to a pullup bar, swap the exercise with a different movement of your choice (burpees, supermans, towel rows, ect.)
* Make sure you get some kind of warmup in before jumping into the workout to prevent injury

**Workout 1**

10 burpees

20 pushups

30 air squats

Rest 45 seconds

(10 rounds)

**Workout 2**

1 minutes max situps (have someone hold your feet or use a weight)

Rest 2 minutes

1 minute max situps

Rest 2 minutes

1 minute max situps

Rest 3 minutes

1 minute plank

20 pushups

30 air squats

40 mountain climbers (left+right= 1 rep)

Rest 90 seconds

(5 rounds)

**Workout 3**

.5 mile run to start

Directly into 20 minute AMRAP of :

21 air squats

7 burpees

14 pushups

.5 mile run to finish

**Workout 4**

25 minute AMRAP (keep climbing in reps until 25 minutes expires)

1 burpee, 1 pushup, 1 crunch, 2 burpees, 2 pushups, 2 crunches, 3 burpees...ect.

**Workout 5**

1 mile run

30 hand release pushups

50 crunches

(3 rounds for time)

**Workout 6**

20 air squats

10 hand release pushups

20 lunges (right + left = 2 reps)

10 burpees

20 crunches

(8 rounds for time)

**Workout 7**

Up the ladder, down the ladder (climb one rep each time until 10 reps then go back down to reach 1 rep)

1 burpee, 1 pushup

 2 burpees, 2 pushups...

...10 burpees, 10 pushups

9 burpees, 9 pushups...

...1 burpee, 1 pushup

Rest 3 minutes

100 v-ups

**Workout 8**

2 minutes max pushups

Rest 3 minutes

20 mountain climbers

20 v-ups

30 toe touches

30 crunches

Rest 1 minute

(8 rounds)

**Workout 9**

Max Pull Ups (complete max dead hang if unable to do pullups)

Rest 3 minutes

20 russian twists

15 frog jumps

10 hand release pushups

5 pullups

(8 rounds as fast as possible)

**Workout 10**

2 minutes max hand release pushups

Rest 3 minutes

20 min AMRAP

10 pushups

20 jumping lunges (left+right=2 reps)

30 crunches

**Workout 11**

EMOM

Minute 1: 30 russian twists (tap each side = 1 rep)

Minute 2: 20 hand release pushups

Minute 3: 30 crunches

Minute 4: 20 frog jumps

Minute 5: 30 toe touches

(repeat 6 rounds; 30 minute total)

**Workout 12**

400 meter run (quarter mile)

20 V-ups

20 reverse crunches

20 four-count flutter kicks

20 bicycle crunches

20 mountain climbers

(8 rounds)

**\***Can complete on a track or using a treadmill\*

**Workout 13**

10 diamond pushups

10 tricep dips (elevate your hands onto something like a chair)

30 second rest

(8 rounds)

Rest 5 minutes

2 minutes max hand release pushups

**Workout 14**

2 minutes max air squats

Rest 3 minutes

25 minute AMRAP

25 pushups

20 russian twists

15 v-ups

10 frog jumps

Rest 45 seconds

**Workout 15**

50 sit ups

50 walking lunges

50 pushups

50 air squats

(5 rounds)

**Workout 16**

1 mile run

10 burpees

10 HR pushups

10 4 ct flutter kicks

10 2 ct russian twists

10 v-ups

(3 rounds)

**Workout 17**

12 min AMRAP  
5 burpees

10 v-ups

15 hand release pushups

20 russian twists

Rest 5 minutes

12 min AMRAP  
5 frog jumps

10 v-ups

15 air squats

20 russian twists

**Workout 18**

30 minute EMOM

Minute 1: 15 burpees

Minute 2: 25 air squats

Minute 3: 30 russian twists (left+right=1 rep)

(repeat 10 rounds until 30 minutes is allotted)

**Workout 19**

7 min Max burpees

Rest 5 minutes

10 v-ups

20 crunches

30 toe touches

(4 rounds)

**Workout 20**

Complete max knee tucks ACFT style (if unable to do so complete a max plank)

Rest 3 minutes

10 decline pushups (elevate legs on something)

15 air squats

25 toe touches

(10 rounds as fast as possible)

**Workout 21**

2 mile run (as fast as possible)

Rest 5 minutes

40 crunches

30 russian twists

20 bicycle crunches

10 v-ups

Rest 1 minute

(4 rounds)

**Workout 22**

10 toes to bar (substitute v-ups if unable to perform movement)

20 hand release pushups

30 air squats

40 mountain climbers

(5 rounds as fast as possible)

Rest 5 minutes

5 pullups

10 burpees

15 frog jumps

20 pushups

(5 rounds as fast as possible)

**Workout 23**

15 minute EMOM

Minute 1: 20 air squats

Minute 2: 20 sit ups

Minute 3: 20 hand release pushups

Repeat 5 rounds until 15 minutes is up

Rest 3 minutes

Complete 100 hand release pushups, 200 air squats, 300 crunches (break reps up however you want to)

**Workout 24**

30 air squats

10 burpees

(10 rounds as fast as possible)

Rest 5 minutes

20 hand release pushups

10 frog jumps

(5 rounds as fast as possible)

**Workout 25**

Tabata workout (look up on youtube and follow tempo)

Pushups (20 seconds on, 10 seconds off)

Directly into

Lunges (20 seconds on, 10 seconds off)

Directly into

Russian twists (20 seconds on, 10 seconds off)

Directly into

Air squats (20 seconds on, 10 seconds off)

Repeat again from top until each exercise is completed 8 times

**Workout 26**

50 burpees

Directly into

20 bicycle crunches

20 russian twist

20 v-ups

20 4 ct russian twists

(5 rounds)

Directly into

50 burpees

**Workout 27**

5 pullups

10 hand release pushups

15 crunches

(10 rounds for time)

Rest 5 minutes

10 toes to bar

20 air squats

(10 rounds for time)

**Workout 28**

21 burpees

21 air squats

21 mountain climbers (left+right= 1 rep)

18 burpees

18 air squats

18 mountain climbers

15 burpees

15 air squats

15 mountain climbers…\*keep decreasing by 3\*

...3 burpees

3 air squats

3 mountain climbers (left+right= 1 rep)

**Workout 29**

For time

1 mile run

30 pushups

30 air squats

30 russian twists

50 pushups

50 air squats

50 russian twists

30 pushups

30 air squats

30 russian twists

1 mile run

**Workout 30**

For Time

10 Burpees

10 Burpees

25 Push-Ups

10 Burpees

25 Push-Ups

50 Lunges

10 Burpees

25 Push-Ups

50 Lunges

100 Sit-Ups

10 Burpees

25 Push-Ups

50 Lunges

100 Sit-Ups

150 Air Squats