

At Home Total Body - 4 Days a Week - Version 1

Week 1

Monday/Day 1

5 rounds for time-
0.25 Mile (400m) Run
10 Burpees

Tuesday/Day 2

10 rounds of Air Squats:
1 min of Air Squats
1 min rest

Friday/Day 5

5 rounds-
4 min Jog
16 Reverse Lunges

Saturday/Day 6

20 min AMRAP (as many rounds as possible):
8 V-ups
15 Air Squats
15 Situps
10 Burpees

Week 2

Monday/Day 8

16 min Jog
*Every 2 min do 10 Pushups

Tuesday/Day 9

5 rounds-
20 Chair Step Ups
10 Glute Bridges

Friday/Day 12

For Time-
400m run
30 Ledge/Stair Hops
30 Air Squats

30 Russian Twists
20 Ledge/Stair Hops
20 Air Squats
60 Russian Twists
10 Ledge/Stair Hops
10 Air Squats
90 Russian Twists
400m run

Saturday/Day 13

5 rounds-
10 Burpees
1 min plank

Week 3

Monday/Day 15

10 rounds-
1 min jog
7 Air Squats
5 V-ups

Tuesday/Day 16

20 min Alt EMOM (every minute on the minute):
Even: 7-12 Pushups
Odd: 12 Reverse Lunges

Friday/Day 19

For Time-
5 rounds-
400m run
25 Glute Bridges
15 Chair Dips
10 Burpees

Saturday/Day 20

5 rounds-
30 Flutter Kicks
30 Jump Rope (ledge/stair jumps)

Week 4

Monday/Day 22 - Chest

2 rounds-
3 min Air Squats
4 min Situps
5 min run

Tuesday/Day 23

20 min Alt EMOM:
Min 1: Reverse Lunges
Min 2: V-ups
Min 3: Chair Step Ups
Min 4: 30 sec of Pushups

Friday/Day 26

12 min EMOM:
5-12 Burpees

Saturday/Day 27

120 Hollow Rocks
~every 20 rocks, do 10 Glute Bridges

Week 5**Monday/Day 29**

5 rounds-
400m run
20 pushups

Tuesday/Day 30

3 rounds-
21 Glute Bridges
15 Chair Step-Ups
9 Burpees

Friday/Day 33

20 min steady pace run

Saturday/Day 34

5 rounds-
30 Mountain Climbers
12 Burpees
10 Hollow Rocks

Week 6

Monday/Day 36

30-20-10

Pushups

Burpees

Tuesday/Day 37

5 min of Situps

10 min run

Friday/Day 40

5 rounds-

10 Chair Dips

20 Air Squats

30 Jump Rope (Ledge/Stair Jump ups)

Saturday/Day 41

4 rounds-

30 Mountain Climbers

15 Burpees

20 Glute Bridges

Week 7

Monday/Day 43

Running Intervals:

5 rounds-

30 sec hard

30 sec medium

1 min slow

Tuesday/Day 44

10 rounds-

5 Situps

10 Air Squats

15 Russian Twists

Friday/Day 47

6 rounds-

400m run

10 Burpees
~rest 2 min

Saturday/Day 48

3 rounds-
15 Lying Leg Raises
15 Situps
15 Hollow Rocks

Week 8

Monday/Day 50 - Chest

5 rounds for time-
0.25 Mile (400m) Run
10 Burpees

Tuesday/Day 51

3 rounds-
10 Chair Step Ups
30 Mountain Climbers
50 Flutter Kicks

Friday/Day 54

-Conditioning:
20 min AMRAP:
20 Jumping Lunges
20 Pushups
20 Jumping Jacks

Saturday/Day 55

10 min AMRAP:
10 Situps
7 Burpees
5 V-ups

Week 9

Monday/Day 57

Rowing Intervals:
3 rounds-
800m run
~rest 3 min

Tuesday/Day 58

Every 2 min for 20 min:

15 Glute Bridges + 10 Ab Mat situps

Friday/Day 61

10 rounds-

5 Chair Dips

20 Jump Rope (ledge/stair jumps)

Saturday/Day 62

20 min AMRAP:

400m/.25 mile run

20 Situps

15 Pushups

Week 10**Monday/Day 64**

300 jump rope (ledge/stair hops)

30 Reverse Lunges

200 jump rope

20 Reverse Lunges

100 jump rope

10 Reverse Lunges

Tuesday/Day 65

Every 4 min for 24 min:

400m run

Friday/Day 68

30-20-10

Situps

Burpees

Saturday/Day 69

3 rounds-

30 pushups

30 V-ups

Week 11

Monday/Day 71

5 rounds-
400m/.25 mile run
60 jump rope (ledge/Stair hops)
20 Reverse Lunges

Tuesday/Day 72

40-30-20-10
Glute Bridges
Chair Step Ups

Friday/Day 75

Every 3 min for 30 min:
10 Burpees
30 Jumping Jacks

Saturday/Day 76

20 min AMRAP:
10 Reverse Lunges
10 Burpees
10 Lying Leg Raises
10 Burpees
10 Pushups

Week 12**Monday/Day 78**

5 rounds-
1 min jog
15 pushups
10 burpees

Tuesday/Day 79

3 rounds-
15 Glute Bridges
12 V-ups
10 Hollow Rocks

Friday/Day 82

3 rounds-
800m run
~rest 1 min
400m run

~rest 30 sec
200m run
~rest 15 sec

Saturday/Day 83

3 rounds-
1 min Glute Bridges
1 min Burpees
1 min Russian Twists
1 min Rest