

At Home Total Body - 3 Days a Week - Version 1

Week 1

Monday/Day 1

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

Wednesday/Day 3

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

Friday/Day 5

5 rounds-
4 min Jog
16 Reverse Lunges

Week 2

Monday/Day 8

16 min Jog
*Every 2 min do 10 Pushups

Wednesday/Day 10

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

Week 3

Monday/Day 15

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

Wednesday/Day 17

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

Week 4

Monday/Day 22 - Chest

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

Wednesday/Day 24

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

Week 5

Monday/Day 29

5 rounds-
400m run
20 pushups

Wednesday/Day 31

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

Friday/Day 33

20 min steady pace run

Week 6

Monday/Day 36

30-20-10
Pushups
Burpees

Wednesday/Day 38

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)

Week 7

Monday/Day 43

Running Intervals:
5 rounds-
30 sec hard
30 sec medium
1 min slow

Wednesday/Day 45

10 rounds-
5 Situps
10 Air Squats
15 Russian Twists

Friday/Day 47

6 rounds-
400m run
10 Burpees
~rest 2 min

Week 8**Monday/Day 50 - Chest**

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

Wednesday/Day 52

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

Week 9**Monday/Day 57**

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

Wednesday/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)

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

Wednesday/Day 66

Every 4 min for 24 min:
400m run

Friday/Day 68

30-20-10
Situps
Burpees

Week 11

Monday/Day 71

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

Wednesday/Day 73

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

Friday/Day 75

Every 3 min for 30 min:

10 Burpees
30 Jumping Jacks

Week 12

Monday/Day 78

5 rounds-
1 min jog
15 pushups
10 burpees

Wednesday/Day 80

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