

## At Home Total Body - 5 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

#### Wednesday/Day 3

15 min AMRAP (as many rounds as possible):  
15 Pushups (can go to knees if needed)  
15 Chair Step Ups  
50 Jump Rope (or hops to a stair/ledge)  
15 Situps

#### 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

**Wednesday/Day 10**

20 min AMRAP:

16 Situps

8 Burpee

16 Jumping Jacks

8 V-ups

**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

**Wednesday/Day 17**

20 min EMOM:

5 Situps + 5 V-ups

**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

**Wednesday/Day 24**

10 rounds-

30 sec plank

20 Jumping Jacks

8 Chair Dips

**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

### **Wednesday/Day 31**

100 Air Squats  
100 Russian Twists  
100 Reverse Lunges  
100 Situps

### **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

### **Wednesday/Day 38**

3 rounds-

50 walking lunges  
60 sec plank  
1 min Chair Step Ups

**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

**Wednesday/Day 45**

2 rounds-  
50 Reverse Lunges  
50 Glute Bridges  
50 V-ups

**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

**Wednesday/Day 52**

40-30-20-10  
Squat Jumps  
Hollow Rocks

**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

### **Wednesday/Day 59**

21-15-9  
Burpees  
Reverse Lunges  
Air Squats

### **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

### **Wednesday/Day 66**

5 rounds-  
1 min V-ups  
1 min situps

1 min chair step ups

**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

**Wednesday/Day 73**

5 round-

8 Situps

8 V-ups

8 Hollow Rocks

**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

### **Wednesday/Day 80**

20 min AMRAP:  
12 Reverse Lunges  
15 Chair Step Ups  
20 situps

### **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