

Home Workouts

MONDAY

This workout is 4 rounds of 30 seconds for each exercise, and you get 1-minute rest after each round. If you can't complete 4 rounds, do as many as you can. You can make this workout tougher by increasing the number of rounds.

EXERCISES:

- Prisoner side to side squats
 - Mountain Climbers
 - Halo Slams
 - 4 Bear Crawls forward & 4 Back
 - Fast Feet
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TUESDAY

Deck of Cards: This workout is done using an entire deck of cards - each suit will represent an exercise. The card you flip over determines how many reps you do. Jacks equal 11 reps, Queens equal 12 reps, Kings equal 13 reps, and Aces equal 15 reps. Time how long the workout takes and try to improve each subsequent time.

EXERCISES:

- Hearts – Lunges each leg
- Diamonds – Squats into overhead press
- Spades – Burpees
- Clubs – Jump Rope (add a zero to the number you pull;
ex. 3 of clubs = 30 reps)
no rope required

WEDNESDAY

AMRAP - As Many Rounds As Possible: Complete as many rounds of these 3 exercises as you possibly can in 20 mins. Set a timer for 20 mins and proceed until the time ends. Track the amount of rounds and try to beat your number.

EXERCISES:

- 3 Burpees
- 4 Halo Slams
- 5 squats

1 round = 3 burpees, 5 halo slams, and 5 squats

THURSDAY

10 x 10 – 10 sets of 10 reps of an exercise. Time this work out and try to beat your time each subsequent time.

EXERCISE:

- Burpees
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FRIDAY

The Marathon – You do 1 rep, then 2 reps, then 3 reps and so on. You do this all the way to 20 reps. Example, you do 1 squat, then 1 push-up. Then, 2 squats followed by 2 push-ups all the way until 20.

EXERCISES:

- Squats
- Push-ups

(If you can't do traditional push-ups, do a modified version on your knees. If modified on the knees becomes too challenging use an elevated surface i.e., a chair or couch)