



A NOTE FROM PAUL

This pandemic has affected all of us. I truly hope this message finds you healthy and safe.

While the normalcy of our everyday lives has been changed, I wanted to provide you with a workout that you can do in the comfort of your own home or in most outdoor areas.

This is a simple, yet effective workout that is designed as a holdover until most gyms reopen and the world is up and running again. Should the situation extend, I'll add on to this as necessary.

Keeping in mind that many of you are quarantined without any equipment at all, I've only included exercises that don't require anything more than your bodyweight or standard furniture such as a chair.

If you still have access to equipment that allows you to continue with my standard programming, it is definitely preferred! I'll still be uploading the standard workouts as scheduled. This workout is designed for those who have no alternative at the moment.

During this difficult time, I wish you all well and hope you are able to maintain the progress you have been making.

Stay strong. Stay safe.

Best,
Paul Sklar



PAUL SKLAR FIT 365

INSTRUCTIONS FOR SUCCESS



Perform Workouts 1 and 2 on alternating days for 2 weeks (5 days on, 2 days off). Then switch to Workouts 3 and 4 for the next 2 weeks.

Perform all 5 exercises within a block back to back to complete one round. Repeat for the specified number of rounds.

If you have dumbbells you can incorporate them into appropriate exercises. For example, you can use dumbbells for Renegade Rows. If using dumbbells, select a weight that provides a significant challenge to complete the set.

LifeFitness



A shirtless man with a beard and short hair is performing cable tricep extensions on a machine in a gym. He is looking directly at the camera with a focused expression. The background shows gym equipment, including a LifeFitness logo above him. The image has a dark, moody tone.

WORKOUTS 1 & 2

WORKOUT #1



TARGET: LEGS, CORE & CARDIO

| A | 5 ROUNDS Rest 1-3 Minutes Between Rounds | TIME | | |
|--|---|-----------------------|-----------------------|-----------------------|
| | | Beginner | Intermediate | Advanced |
| 1 | <u>Forward/Reverse Lunge</u> <u>Push Pull Flow</u> | 30 seconds per leg | 45 seconds per leg | 60 seconds per leg |
| 2 | <u>Wall Sit with Manual Resistance</u> (Press against the outside of your knees 2 seconds and resist against, then do the same for the inside of the knee) | 30 seconds | 45 seconds | 60 seconds |
| 3 | <u>Bodyweight Squat with</u> <u>3 Second Pause at Bottom</u> | 30 seconds | 45 seconds | 60 seconds |
| 4 | <u>Jumping Jacks</u> | 30 seconds | 45 seconds | 60 seconds |
| 5 | <u>Plank Taps</u> | 30 seconds | 45 seconds | 60 seconds |
| Rest 2-3 Minutes Before Beginning Block B | | | | |

WORKOUT #1



TARGET: LEGS, CORE & CARDIO

| B | 5 ROUNDS Rest 1-3 Minutes Between Rounds | TIME | | |
|---|--|--------------------|--------------------|--------------------|
| | | Beginner | Intermediate | Advanced |
| 1 | <u>Squat Side Lunge – Reverse Lunge Flow</u> | 30 seconds | 45 seconds | 60 seconds |
| 2 | <u>Elevated Heel Squats</u> | 30 seconds | 45 seconds | 60 seconds |
| 3 | <u>Forearm Plank with Alternating Glute Raise</u> | 30 seconds | 45 seconds | 60 seconds |
| 4 | <u>Single Leg Wall Hold with Pendulum Rotation</u> | 30 seconds per leg | 45 seconds per leg | 60 seconds per leg |
| 5 | <u>RDL (Romanian Deadlift) to Overhead</u> | 30 seconds | 45 seconds | 60 seconds |

WORKOUT #2



TARGET: UPPER BODY, CORE & CARDIO

| A | 5 ROUNDS Rest 1-3 Minutes Between Rounds | TIME | | |
|--|---|--------------------|--------------------|--------------------|
| | | Beginner | Intermediate | Advanced |
| 1 | <u>Push-up to Single Arm Row</u> | 30 seconds | 45 seconds | 60 seconds |
| 2 | <u>Dips</u> (you can also use a couch, outdoor surface, stairs, etc) | 30 seconds | 45 seconds | 60 seconds |
| 3 | <u>Superman Extensions</u> | 30 seconds | 45 seconds | 60 seconds |
| 4 | <u>Dynamic Chair Push-Up Flow</u> | 30 seconds | 45 seconds | 60 seconds |
| 5 | <u>Single Leg Rear Delt Raise</u> | 30 seconds per leg | 45 seconds per leg | 60 seconds per leg |
| Rest 2-3 Minutes Before Beginning Block B | | | | |

TARGET: UPPER BODY, CORE & CARDIO

| B | 5 ROUNDS Rest 1-3 Minutes Between Rounds | TIME | | |
|---|--|---------------------|---------------------|---------------------|
| | | Beginner | Intermediate | Advanced |
| 1 | <u>Inside-Outside Sock Push-up</u> If working on carpet, paper plates or furniture sliders will work. | 30 seconds | 45 seconds | 60 seconds |
| 2 | <u>Cross Body Punch Flow</u> | 30 seconds | 45 seconds | 60 seconds |
| 3 | <u>Outside-Inside Sock Push-Up</u> If working on carpet, paper plates or furniture sliders will work. | 30 seconds | 45 seconds | 60 seconds |
| 4 | <u>Single Leg Bent Over Row</u> | 30 seconds per leg | 45 seconds per leg | 60 seconds per leg |
| 5 | <u>Side Plank Rotational Punch</u> | 30 seconds per side | 45 seconds per side | 60 seconds per side |

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WORKOUTS 3 & 4

WORKOUT #3



TARGET: LEGS, CORE & CARDIO

| A | 5 ROUNDS Rest 1-3 Minutes Between Rounds | TIME | | |
|--|---|------------|--------------|------------|
| | | Beginner | Intermediate | Advanced |
| 1 | <u>Wall Sit with Manual Resistance</u> (Press against the outside of your knees 2 seconds and resist against, then do the same for the inside of the knee) | 30 seconds | 45 seconds | 60 seconds |
| 2 | <u>Jumping Lunge</u> or <u>Alternating Reverse Power Lunge</u> | 30 seconds | 45 seconds | 60 seconds |
| 3 | <u>Front Bodyweight Squat</u> | 30 seconds | 45 seconds | 60 seconds |
| 4 | <u>Standing Calf Raises</u> (can be done on any stable elevated surface like steps) | 30 seconds | 45 seconds | 60 seconds |
| 5 | <u>Burpee Sprawl</u> | 30 seconds | 45 seconds | 60 seconds |
| Rest 2-3 Minutes Before Beginning Block B | | | | |

WORKOUT #3



TARGET: LEGS, CORE & CARDIO

| B | 5 ROUNDS Rest 1-3 Minutes Between Rounds | TIME | | |
|---|---|------------|--------------|------------|
| | | Beginner | Intermediate | Advanced |
| 1 | <u>RDL to Overhead</u> | 30 seconds | 45 seconds | 60 seconds |
| 2 | <u>Bodyweight Squat with 3 Second Pause at Bottom</u> | 30 seconds | 45 seconds | 60 seconds |
| 3 | <u>Wall Sit With Heel Raise</u> | 30 seconds | 45 seconds | 60 seconds |
| 4 | <u>Bodyweight Squat Reverse Lunge Flow</u> | 30 seconds | 45 seconds | 60 seconds |
| 5 | <u>Skaters with Reverse Lunge</u> | 30 seconds | 45 seconds | 60 seconds |

WORKOUT #4



TARGET: UPPER BODY, CORE & CARDIO

| A | 5 ROUNDS Rest 1-3 Minutes Between Rounds | TIME | | |
|---|---|------------|--------------|------------|
| | | Beginner | Intermediate | Advanced |
| 1 | <u>Push-up with Alternating Knee Tuck</u> | 30 seconds | 45 seconds | 60 seconds |
| 2 | <u>Alternating Single Arm Superman Extension</u> | 30 seconds | 45 seconds | 60 seconds |
| 3 | <u>Dip with Stiff Leg Ab Raise</u> (use a chair, couch, outdoor elevated surface, etc) | 30 seconds | 45 seconds | 60 seconds |
| 4 | <u>Close Grip Push-up</u> | 30 seconds | 45 seconds | 60 seconds |
| 5 | <u>Dynamic Chair Push-Up Flow</u> | 30 seconds | 45 seconds | 60 seconds |

Rest 2-3 Minutes Before Beginning **Block B**

TARGET: UPPER BODY, CORE & CARDIO

| B | 5 ROUNDS Rest 1-3 Minutes Between Rounds | TIME | | |
|---|--|------------|--------------|------------|
| | | Beginner | Intermediate | Advanced |
| 1 | <u>Push-up with Shoulder Tap</u> | 30 seconds | 45 seconds | 60 seconds |
| 2 | <u>Chair Ab Flow</u> | 30 seconds | 45 seconds | 60 seconds |
| 3 | <u>Superman Extension</u> | 30 seconds | 45 seconds | 60 seconds |
| 4 | <u>Renegade Row</u> | 30 seconds | 45 seconds | 60 seconds |
| 5 | <u>Split Jacks</u> | 30 seconds | 45 seconds | 60 seconds |