

# Randumbs Home Workout Program

## Schedule

- ☐ Monday: A Day
- ☐ Tuesday: Off
- ☐ Wednesday: B Day
- ☐ Thursday: Off
- ☐ Friday: A Day
- ☐ Weekends: Off

- ☐ Monday: B Day
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## A Day

### 3 Sets Alternating Lunges

Example fill:

- 10 reps + 2 books in backpack
- 9 reps + 2 books in backpack
- 9 reps (harder than last set) + 2 books in backpack
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### 3 Sets Pushups

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### 3 Sets Table Rows

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### 3 Sets Single Arm Skull Crushers

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### 3 Sets Single Arm Lateral Raises

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3 Sets of Leg Raises

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## B Day

3 Sets Single Leg Glute Bridges

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3 Sets Decline Pushups

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3 Sets Pull ups

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3 Sets Single Arm Bicep Curls

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3 Sets Crunches

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