

Feel the Burn Workout Home 4day

Rest periods are kept short to keep the calorie burn up during and after the workout, and some supersets are used to further the calorie burn during the workout and after. This workout program follows a four-day training split.

Workout 1 CHEST, TRICEPS, ABS		
Exercise	Sets/reps	Rest
Wide-Width Push-Up	3/5-8	30 sec
Elevated Push-Up	3/6-8	1-2 min
Feet-Elevated Push-Up	3/6-8	-
Superset with Torso-Elevated Push-Up	3/20	1 min
Short-Lever Inverted Curl	3/25	30 sec
Biceps Chin-Up	3/6-8	1-2 min
Side-to-Side Push-Up	3/20	-
Superset with triceps pressdown	3/20	30 sec
Side Crunch	4/to failure	-
L-Sit	4/to failure	30 sec

Workout 2 LEGS AND CALVES		
Exercise	Sets/reps	Rest
Jump Box Squat	3-3/5	30 sec
Wall Squat March	4/6-8	1-2 min
Jumping Skater Squat	3/20	30 sec
Full Squat	3/25	-
Superset Reverse Lunge	3/25	30 sec
Bulgarian Split Squat	3/25	30 sec
Single-Leg Elevated Calf Raise	4/10	-
Superset with Stiff-Leg Ankle Hop	4/30	30 sec

Workout 3 SHOULDERS, TRAPS, ABS		
Exercise	Sets/ reps	Rest
Push-Back	2-3/5	30 sec
Three-Point Pike Push-Up	2-3/5	30 sec
Wall Handstand Push-Up	3/6-8	1-2 min
YTWL	3/6-8	-
Superset with Wall Posterior Neck Isohold	3/20	1 min
Side Crunch	3/25	30 sec
Superman	4/6-8	1-2 min
Bicycle	3/10	-
Superset with Front Plank	3/to failure	30 sec
Seated Knee-Up	3/20	-

Workout 4 BACK, BICEPS, CALVES		
Exercise	Sets/ reps	Rest
Modified Inverted Row		30 sec
Pull-Up	4/6-8	1-2 min
Rafter Pull-Up	4/6-8	-
Superset with Short-Lever Inverted Curl	4/20	1 min
Three-Point Bench Dip	3/25	30 sec
Narrow Triceps Push-Up	3/8	30 sec
Biceps Chin-Up	3/6-8	1-2 min
Triceps Extension	3/20	-
Superset with Short-Lever Inverted Curl	3/20	30 sec
Elevated Calf Raise	4/10	-
Squat Calf Raise	4/20	30 sec