

At home work out options –

Recommendations for these workouts:

Choose a workout from each row to do on the day listed.

|                 |   |  |   |
|-----------------|---|--|---|
| <b>Monday</b>   | AMRAP 6<br>12 Split Squat Per Leg<br>12 Sit-ups<br>-rest 1 min-<br>AMRAP 6<br>12 Step-Ups<br>12 Alt Leg V-Ups   | 2 Rounds For Time:<br>30-20-10<br>Lunges<br>Sit-Ups<br>-Rest 1 min Between<br>Rounds-                                | AMRAP 10<br>50 Doubles / Jumping<br>Jacks<br>20 Air Squats<br>20 Russian Twists |
| <b>Tuesday</b>  | AMRAP 5<br>1 Burpee + 2 Push-Up<br>2 Burpee + 4 Push-Up<br>3 Burpee + 6 Push-Up<br>Etc...<br>-rest 1min min-<br>AMRAP 6<br>*Start at beginning and<br>try to beat your<br>previous score* | 10 Rounds<br>10 Push-Up<br>30 Rope Skips / High<br>Knees   | 20-16-12-8-4<br>HR Push-Up<br>Single Leg Glute Bridge                           |
| <b>Thursday</b> | 40-80 Minutes of movement weighted walk / run   |  |   |
| <b>Friday</b>   | 8 Rounds<br>5 Burpee Broad Jump<br>12 Walking Lunge   | 2 Sets<br>4 Rounds (1/2 Tabata)<br>20 on: 10 off<br>Air Squats (4)<br>Hollow Hold (4)<br>-rest 1min Between<br>sets- | 21-15-9<br>Push-Up<br>Sit-Up<br>Air Squat                                       |