AT HOME WORKOUTS

WEEK 2

WORKOUT 1

10 mins - As many rounds as possible

5 Burpees

10 Situps

15 Pushups

20 Squats

25 Jumping Jacks

WORKOUT 2

10 Rounds (scale down as needed)

10 Lunges

10 Shoulder Taps (pushup position, tap opposite shoulder)

10 Single Leg V-ups

10 “Pickups” (can be anything, Medicine ball, heavy backpack, propane tank, etc)

REST 1 min between rounds.

WORKOUT 3

TABATTA = :20s Work / :10s Rest

You can perform this interval series with pretty much any exercise (running, skipping, situps, pushups, burpees, squats, etc)

We recommend pairing two movements, alternating back and forth for 10 total rounds (5 mins). Then rest a few minutes and repeat with 2 new movements.

EG:

:20s of Squats - rest 10s - 20s of Pushups - rest 10s - repeat for 5 cycles of each movement

REST 2 mins

:20s of Situps - rest 10s - 20s of running on the spot - rest 10s - repeat for 5 cycles of each movement