AT HOME WORKOUTS

WEEK 5

WORKOUT 1 - Time to test yourself

100 Burpees for time

(scale to As many burpees as you can in 5 mins)

WORKOUT 2

10 min AMRAP

5 reps of each

Pushups, Situps, Squats

10 reps of each

Pushups, Situps, Squats

15 reps of each

Pushups, Situps, Squats

\*continue this pattern for 20, 25, 30, etc until the 10 min mark (if you want more, go longer!)

\*\*Feel free to add a run (2-5 mins) before and after to spice it up a bit.

WORKOUT 3

30+ minute RUCK

* Put on a backpack, load it up with weight and go for a long walk.
* Try to incorporate a lot of hills, both up and down.
* Invite a friend / teammate to join you (or throw on a podcast / audiobook and just enjoy some alone time)