

At Home – Bodyweight/Minimal Equipment Workout



Lake Orion MI. Text 810-441-2055 for your free demo class

Pick 1 Movement from each type of exercise

Pick 1 Each Core and Cardio finishers to be done with minimal rest between sets

Please consult your physician to ensure you are ready for this type of exercise program before starting!

Day 1: Slow Eccentrics (lowering)

| Super Set | | Super Set | | Super Set | | Used as superset no rest between sets | |
|---|--------------------------------|----------------------|----------------------------------|------------------|----------------------|---------------------------------------|-------------|
| Squat type | Pull type | Hinge Type | Push Type | Pull Type | Shoulder Type | Core Type | Cardio Type |
| Deep Squat | Reverse Push Up | Hinge Pick Up | Push Up | DB bent over row | Plank Side Walk | Side Plank Hip Touch Down | Bike (90s) |
| Lunge | Towel Slide Back (or roll out) | Single Lead Deadlift | Drop Push Up | 3 point row | Plank foot drag walk | Aquaman | Row (90s) |
| Narrow squat | Superman Cuban Press | Glute Bridge | Stair Step Up | Band Row | Plank Thread Needle | Bicycle Crunch | Run (90s) |
| (can also use from 2nd "pull" category) | | | Can use from 1st "pull" category | | Sit Up | KB/DB swing (90s) | |

Day 2: Squeeze muscle at top and bottom of movement

| Super Set | | Super Set | | Super Set | | Used as superset no rest between sets | |
|-------------------------|------------------|-----------------|---------------------|---------------------------|---------------------------|---------------------------------------|--------------------|
| Thrust Type | Push Type | Hinge Type | Upper Arm Type | Pull Type | Upper Arm Type | Core Type | Cardio Type |
| Band Hip Thrust | Push Up | Lying Side Clam | Elbow Push Up | Laying towel in foot row | Updog/Downdog | Plank | Duck Under 60s |
| Single leg Glute Bridge | High Hip Push Up | Frog Bridge | Milk Jug Side Raise | Towel Row Single Arm | Close Grip Push Up | Side Plank | Speed Skater (60s) |
| Towel Leg Curl | Push Up and Over | Lateral Lunge | Super Man Jack | Door Frame Single Arm Row | Laying towel on foot curl | Anti Rotation | Toe Taps (60s) |
| | | | | | | Hollow Hold | |

Day 3: As fast as you can control

| Super Set | | Super Set | | Super Set | | Used as superset no rest between sets | |
|---|--------------------------|--------------|----------------------------------|---------------------------|----------------------------|---------------------------------------|--------------------------|
| Hinge type | Pull type | Squat Type | Push Type | Pull Type | Shoulder Type | Core Type | Cardio Type (Max Effort) |
| Long Jumps (hip hinge) | Band Row | Plyo Step Up | Push Up and Over | Laying towel in foot row | Bench Dips | Bicycle Crunch | Bike (30s) |
| Single leg Deadlift Jump | Dumbbell Row | Split Squat | Plank Hand Raise | Towel Row Single Arm | Crab Walk | Cable Wood Chop | Row (30s) |
| Towel Leg Curl | Band Overhead Pull apart | Curtsy Lunge | Banded Push Up | Door Frame Single Arm Row | Elbow Plank towel Push Out | Banana Roll | Run (30s) |
| (can also use from 2nd "pull" category) | | | Can use from 1st "pull" category | | Double Crunch | Squat and Press (30s) | |

We suggest adding Pilates, Yoga or some low/moderate intensity cardio in between these days when you are trying to optimize your immune system and health!

We want to make you healthier, not hurt you! Since this is a free online give out and you're not under our watchful eyes, it is up to you to do your due diligence to ensure your safety and health when using this program.