

POWER STRENGTH

TRAINING SYSTEMS

Adult Fitness At-Home Workouts

Note: Virtually all of these days are bodyweight in nature as we do not expect everyone to have access to weights. If you have weights (a dumbbell, plate, or kettlebell) feel free to add in. If you don't have weights but feel up for the challenge some great "makeshift" alternatives are a milk jug filled up with liquid, a suitcase, or a backpack with books in it. Let's get to work!

*Each exercise is linked with video showing the exercise and proper form. Click the exercise name to view. Coaching cues are listed in the description of each video for extra guidance.

Day 1 - Lower Body

[Warm-up](#) 5-10 min

- 1a. [RLESS](#) 4x8 each leg
- 1b. [Groiner with Stand Up](#) 4x10
- 1c. [½ Kneeling Adductor Rocker](#) 2x20 seconds each leg

- 2a. [Step Up](#) 3x8 each leg
- 2b. [Gate Swings](#) 3x10
- 2c. [Feet Elevated Hip Thrust](#) 4x8 3 second hold @ top
- 2d. [Glute Stretch](#) 3x20 seconds each leg

- 3a. [Bodyweight Walking Lunges](#) 3x10-20 each leg
- 3b. [Side Plank with Dips](#) 3x8 each side
- 3c. [Split Squat Hold](#) 3x20 seconds each leg

Day 1 Workout Notes

- 1a. RLESS are done most comfortably with your back foot on a couch seat.
- 2a. Step Up can be done using a chair or another stable surface about knee height.
- 2c. This can be performed with feet on a chair, couch or other stable surface.
- 3a The reason for such a large rep range (10-20) is for those of you that find lunges very difficult, do 10 reps on each leg. If you find lunges to be rather easy, shoot for up to 30 reps on each leg per set.

POWER STRENGTH

TRAINING SYSTEMS

Day 2 - Upper Body

[Warm-up](#) 8-10 minutes

1a. [Push Ups](#) (Hands elevated, floor, feet elevated) 4x12+

1b. [YTW Holds](#) 4x10 seconds each

1c. [Bird Dog](#) 4x5 each side, 3 second hold @ top

2a. [Hand Walk](#) 4x10 steps each direction

2b. [Plank to Push Ups](#) 4x8+

2c. [Sprinter Sit-Ups](#) 3x10 each side

2d. [Batwing to T](#) 3x12

3a. [Alternating Supermans](#) 3x8 each side, 2 second hold @ top

3b. [Mountain Climbers](#) 3x20 seconds

3c. [Side Plank Reach-Through](#) 3x8 each side

Day 2 Workout Notes

- 1a. 12+ indicates that we want at least 12 reps to be completed on the set, if you can do more, do more. If you can't do 12 reps, elevate your hands onto a higher surface.
- 2c. If Sprinter Sit-Ups are too difficult, perform a plank for 30 seconds instead.
- 3b. Perform as many reps as you can in 20 seconds.

POWER STRENGTH

TRAINING SYSTEMS

Day 3 - Conditioning

[Warm-up](#) 5-10 Minutes

Jog as far as you can for 40 seconds, when that time is up, take a slow walk back to your starting point. Repeat this for a total of 6 rounds.

-or-

If you have a bike, try to mark out a path or trail that is 1-1.5 miles from your starting point. Ride to that point. When you get there perform a total of 50 jumping jacks, and 50 seal jumps in whatever order you would like. When finished, ride back to your original starting point.

-or-

For a more joint-friendly and to keep it simple, use the tools you have available - exercise bike, rower, elliptical, or the great outdoors for a walk – and simply perform low-aerobic capacity work for 20-60-minutes (elevated heart rate but still can hold a conversation).

POWER STRENGTH

TRAINING SYSTEMS

Day 4 - Full Body

[Warm-up](#) 5-10 Minutes

1a. [Lateral Lunge](#) 4x7 each leg or [Reverse Lunge](#) 4x10 each leg

1b. [Blackburns](#) 4x10

1c. [Push-Up Plank Shoulder Taps](#) 4x8 each

2a. [Glute Bridge Walkout](#) 3x4 trips out and back

2b. [Single Leg 4 Way Reach and Tap](#) 3x3 rounds each side

2c. [Groiner with Stand Up](#) 3x10

3a. [Kneeling Side Plank Leg Raise](#) 3x8 each

3b. [BEHT](#) 3x12 with 3 second hold @ top

3c. [McGill Curl Up](#) 3x3 with 10 second hold @ top

4. [Hands Behind Head BW Squat](#) AMRAP in 3 minutes

Day 4 Workout Notes

- 1a. If Lateral Lunge is bothersome to your knees or hips, substitute Reverse Lunge instead.
- 1b. Take these slow, don't rush.
- 3b. BEHT is best done on the edge of a couch seat.
- 3c. You are doing 3 sets of 3 reps with a 10 second hold at the top each rep.
- 4. AMRAP means As Many Reps As Possible. You will attempt to complete as many reps as possible in 3 minutes with rest as needed.

POWER STRENGTH

TRAINING SYSTEMS

Day 5 - Conditioning

*Today is all about time! Complete these ladders in as little time as possible and don't forget to post your times to the Facebook group to see how you stack up against your PSTS Family.

*Ladders are performed as such (ex. 2-12-2 for squats and pushups)- 2 reps of squats followed by 2 pushups, back to squats for 4 reps then pushups for 4 reps, you do this pattern all the way up to 12, then start coming back down in reps until you are back to 2 reps at each.

[Warm up 2](#) 5-10 Minutes

1a. [Bodyweight Squats](#) 2-12-2 evens only

1b. [Bodyweight Close Grip Push Ups](#) 2-12-2 evens only

2a. [Glute Bridge](#) with brief hold @ top, 2-10-2 evens only

2b. [Plank to Push Up](#) 2-10-2 evens only

3. 1-Mile Travel (run or walk, or run/walk) in as little amount of time as possible. If you would rather bike, bike 3-5 miles in as little time as possible.