



AT-HOME WORKOUTS 1.0

Warm-Up	Pg. 1
Upper Body – Bodyweight	Pg. 2
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Lower Body – Bodyweight	Pg. 4
Lower Body – Medium Weights	Pg. 5

**FOR VIDEOS TO ANY OF THE EXERCISES,
JUST CLICK ON THE 'BLUE' TEXT**

WARM-UP

EXERCISE	REPS
Straight Leg Kicks	5 each
Scap Floor Slide w/ Flip	5
Hip Crossovers	10
Cat/Camel	5
Chest Stretch, Reach-Through	3 each
Strider, Hip Pop, Glute Stretch	2 each
YTW Raises	5 each
Quadruped Scap Pushups	10
Pushups	10
Groiner w/ Stand Up	3
Glute Bridge w/ 2s holds at top	10
Glute Bridge March	8
Glute Bridge Walkout	2
Squat, Forward Lunge, Reverse Lunge	2 each
Jumping Jacks	15
Seal Jumps	15

VIDEO OF FULL WARM-UP: [CLICK HERE](#)



UPPER BODY STRENGTH

BODYWEIGHT

1. **A.** Lateral Handwalk – 4x10 steps right/left
B. Pushup, Downward Dog, Foot Tap – 4x4+ each
2. **A.** Surfboard to T (3s hold) – 4x8
B. Alternating Blackburns – 4x10
3. **A.** Plank to Pushup to Shoulder Trap – 3x10+
B. Straight Leg Situp – 3x10+

Notes: This can be a great opportunity to add a little weight – on your back for pushups and/or light weights in your hands for Surfboards and Blackburns. If you don't have a ton of space for "Lateral Handwalk" you can always break it up into smaller chunks. If you have a band or light weights you should also add some direct arms and shoulders work.



UPPER BODY STRENGTH

MEDIUM WEIGHTS

1. **A.** 1/2 Kneeling 1 Arm Press – 4x12 *each*
B. Cuban Press – 4x10
C. Bent Over T Raise (2s hold at top) – 4x10
2. **A.** Pushups (21s) – 4x
B. Freestanding One Arm Row – 4x8
3. **A.** DB Hammer Curl – 3x10+
B. Plank to Pushup to Shoulder Tap – 3x10+

Notes: Be sure to watch the video for the “21s” so you know the rep scheme. Pushups can be scaled – if they’re too difficult perform them elevated, and if they’re too easy add weight or a band.



LOWER BODY STRENGTH

BODYWEIGHT

1. **A.** Rear Leg Elevated Split Squat (1.5 reps) – 4x8 each
- B.** Split Squat – 4x10 each
- C.** Split Squat Iso Hold – 4x15 sec each
2. **A.** Foot Elevated Hip Thrust (2s hold @ top) – 4x15 each
- B.** Slider/Towel Leg Curl – 4x15
3. **A.** Squat to Lateral Lunge – 3x8 each
- B.** Cossack Squat (Slow) – 3x10
- C.** Side Plank Dip to Leg Raise – 3x10 each
- D.** Slider/Towel Body Saw – 3x15

Notes: Getting great work out of bodyweight lower body is going to require a bunch of focus and time under tension – go slow and perform perfect reps throughout. You could elect to add some weight to the squats, lunges, and split squats. 1A, 1B, and 1C should be performed all on on leg before moving to the next – you'll RLESS with your right in front, split squat with your right in front, iso hold with your right in front, and then move on to the left. "Towel Leg Curl" and "Towel Body Saw" should work on any smooth surface



LOWER BODY STRENGTH

MEDIUM WEIGHTS

1. **A.** Goblet Squat to Reverse Lunge – 4x6 each
- B.** KB/DB RDL (1.5 reps) – 4x10 each
- C.** Single Leg KB/DB RDL – 4x8 each
2. **A.** Back Elevated Hip Thrust (21s) – 4x
- B.** Rear Leg Elevated Split Squat (21s) – 4x each
3. **A.** Straight Leg Situp – 3x10+
- B.** Side Plank Dip to Leg Raise – 3x10 each

Notes: Be sure to watch the videos for the “21s” so you know the rep scheme. If “Back Elevated Hip Thrust” or “Rear Leg Elevated Split Squat” are too easy you can add weight. If “Straight Leg Situp” is too easy you can add weight, held on your chest as you go through the movement.

