

Week 1 (At-Home Muscle Building)

Strictly Bodyweight Exercises

Day One: Legs	Day Two: Upper Body	Day Three: Legs	Day Four: Upper Body
<p>Workout</p> <ul style="list-style-type: none"> ☐ 50 air Squats (3sec count down) ☐ 20 single leg chair squats into single leg vertical jump (3sec count down on squat) ☐ 20 single leg rdl's (3sec count down, each leg) ☐ 30 total hamstring falls (put feet under a couch or bed and slowly drop to the ground as low as you can) ☐ 3x12 (each leg) step ups (3sec count going up) <p>Core</p> <ul style="list-style-type: none"> ☐ 50 total leg lifts ☐ 30 total SLOW alternating mountain climbers with a twist (example, rotate right knee to left nipple as you bring it up) ☐ 50 total V-ups ☐ 50 standing side bends each side (weighted is optional) 	<p>Workout</p> <ul style="list-style-type: none"> ☐ 3x20 standing arm walks with a push up (start standing straight up, bend over and put your hands on the ground, walk them out until you are in a straight arm plank position, do a push up, then walk your hands back and stand back up) ☐ 5x15sec explosive tricep dips (have your hands on something that won't move when you push yourself off of it. Your hands should come off the object every rep) ☐ 3x10-12 SLOW tricep dips ☐ 3x8-12 push ups AS SLOW AS POSSIBLE ☐ 5x15sec explosive push ups (hands should come off the ground every rep) <p>Core</p> <ul style="list-style-type: none"> ☐ 100 total russian twists (try touching the floor with each twist) ☐ 100 total lying heel taps (lay on back with knees bent, rotate to each side touching your heels) 	<p>Workout</p> <ul style="list-style-type: none"> ☐ 3x1min (each leg) single leg bulgarian split squat jumps ☐ 50 total glute bridges (feet up on a chair or couch, your weight should be on your shoulders, thrust your hips and squeeze your glutes for 3sec before dropping) ☐ 3x20 single leg side lunge squats (have one foot on a chair our couch, squat down on the leg that's on the floor) ☐ 2x30 pulse air squats ☐ 100 total calf raises <p>Core</p> <ul style="list-style-type: none"> ☐ 30 total reverse crunches ☐ 30 (each leg) alternating single leg reverse crunches ☐ 1min flutter kicks (no putting your hands under your butt, use your core) ☐ 1min 6-inches (no putting your hands under your butt, use your core) ☐ 30 lying toe touches (have arms straight out, reach up towards the sky as you sit up, crunch down) 	<p>Workout</p> <ul style="list-style-type: none"> ☐ 30-50 total decline push ups (feet on a chair or couch with hands on the ground) ☐ 3x10-15 Single arm push ups (have one arm on a chair or couch, go as low as you can for a push up with the arm that's on the ground) ☐ 3x12-15 Chest flye pushups (put socks on your hands, go on a tile or hardwood floor, start with your chest on the ground and have your hands in a wide grip push up position, slide your hands on the floor until they are touching while squeezing your chest throughout the rep. You should end each rep in a straight arm plank position) ☐ 3x1min handstand with your feet on the wall (walk your feet up) ☐ 2x1min decline straight arm plank with alternating shoulder taps

	<p>☐ 2x1min crunch hold (lay on back with knees bent, bring your shoulders off the ground and keep your core tight)</p>	<p>and touch your toes)</p>	<p>Core</p> <ul style="list-style-type: none">☐ 2x1min mountain climbers☐ 30 oblique crunches each side☐ 1min 6-inch leg lifts (for one minute have one leg off the ground 6-inches and the other doing leg lifts. Once you reach a minute you switch and hold the other leg at 6-inches while your other leg is doing leg lifts☐ 50 total SLOW crunches (emphasize crunching your abs)
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