



BODYWEIGHT WORKOUTS

Keeping fit at home

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Workout #1

Circuit 1: 2-4 sets

1. [Alternating Reverse Lunge](#) x 8-12 ea leg
2. [1 Leg Plank Hold](#) x :15 each leg
3. [Base Rotations](#) x :15

Circuit 2: 2-4 sets

1. [Lateral Lunges](#) x 8-10 ea leg
2. [Side Plank Hold](#) x :20-:30
3. [Burpee](#) x 8-10

Circuit 3: 3-5 sets

1. [T-Pushups](#) x 3-5 ea way
2. [Seal Jacks](#) x :20-:30
3. [Running Man](#) x :20-:30

Workout #2

Circuit 1: 2-4 sets

1. [Swimmers](#) x 8-12
2. [Single Leg Glute Bridge Hold](#) x :15-:20
3. [Forward Lunge + Reverse Lunge](#)* x 4-6 ea leg
*Back and Forth = 1 rep

Circuit 2: 2-4 sets

1. [3 Position Pushup Hold](#) x :05-:10 ea position
2. [Side Plank with Rotations](#) x 8-10 ea side
3. [Prison Squat Hold](#) x :05 (x 5 reps)

Circuit 3: 3-5 sets

1. [Plank with Side to Side Hop](#) x 8-10 ea side
2. [Skater Hops](#) x 15-20 ea side
3. [Skipping](#) x :30

Workout #3

Circuit 1: 2-3 sets

4. [Y,T,W Hold](#) x :10ea position
5. [Pogos Skier Side to Side](#) x :15-:20

Circuit 2: 2-4 sets

1. [Droptstep Lunge](#) x 8-12 ea leg
2. [Diamond Pushups](#) x Max
3. [Burpee with Frog Jump](#) x 8-10

Circuit 3: 2-4 sets

4. [Alternating Forward Lunge](#) x 8-12 ea leg
5. [Plank with Arm Lift](#) x 6-10 ea arm
6. [V-Up Abs](#) x 8-12

Big Fun Finisher

1. [Oblique Knee Tuck – Pushup Position](#) x 10,8,6,4,2
 2. [Squat Jumps](#) x 10,8,6,4,2
- *Do 10 Knee Tuck ea side, then 10 squat jump, then 8 knee tuck, 8 squat jump, until you get to 2 of each

Workout #4

Circuit 1: 2-3 sets

1. [Superman Hold](#) x :20-:30
2. [Sprinters Crunch](#) x 6-8 ea side
3. [Single Leg RDL with T's](#) x 6 ea side

Circuit 2: 2-4 sets

1. [Over/Under Pushups](#) x 6-8
 2. [Split Squat](#) x 8-12 ea leg*
 3. [Pogos – Alternating Feet](#) x :15-:20
- *Last set hold for :10 on last rep

Circuit 3: 2-4 sets

1. [Rainbow Plank](#) x 6-10 ea side
2. [Defensive Slides](#) x 10 ea way

Big Fun Finisher x 3 sets

1. [Burpee + Pushups](#) x 10,8,6
2. [Alternating Lunge Jumps](#) x 8-10 ea side



WHERE EDUCATION MEETS FITNESS

DUMBBELL WORKOUTS

Keeping fit at home

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Workout #1

Circuit 1: 2-4 sets

1. [DB Lateral Lunge](#) x 6-8 ea leg
2. [DB Bent Over Rear Delt Fly](#) x 12-15
3. [1 Leg Plank Hold](#) x :10-15 sec ea leg

Circuit 2: 2-4 sets

1. [DB Alternating Reverse Lunge](#) x 8-10 ea leg
2. [DB Renegade Row](#) x 6 ea arm
3. [DB Hammer Curl](#) x 10-12

Big Fun Finisher: **DB Complex***(description below)

RDL to Press
Bent Over Row
Squat to Press
Alternating Reverse Lunge
DB 2 Arm Snatch

Workout #2

Circuit 1: 2-4 sets

1. [Single Leg Glute Bridge](#) x 8-10ea
2. [Over/Under Pushups](#) x 4-6
3. [V-Up ABS](#) x 8-10

Circuit 2: 2-4 sets

1. [DB Swing](#) x 10
2. [DB Alternating Shoulder Press](#) x 8-10ea arm

Circuit 3: **Shoulder Matrix** x 2 sets

1. [DB Bent Over Rear Delt Fly](#) x 15
2. [DB Lateral Raises](#) x 15
3. [DB Front Raises](#) x 15

Finsher: **Man Maker** x 20 reps*

*break up into as many sets as needed
**Do 20 [Burpees](#) if you need a modification for Man Maker

Workout #3

Circuit 1: 2-4 sets

1. [Side Plank – DB in Top Hand](#) x :20-:30ea side
2. [Opposite Arm/Leg Raise – Pushup Position](#) x 6-8 ea side

Circuit 2: 2-4 sets

1. [Lunge Hold + Curl to Press](#) x 5ea leg
2. [DB Bent Over Row](#) x 10-12

Circuit 3: 2-3 sets

1. [DB Walking Lunge](#) x 8-10ea leg
2. [DB Upright Row](#) x 10-12
3. [DB Bicep Curl](#) x 12-15

Big Fun Finisher: 10/8/6 of each movement

1. [DB Clean to Press](#)
2. [Lunge Jumps](#)

*Do 10 Clean to Press, then 10 Lunge Jumps on ea leg, then 8 clean to press, etc

Workout #4

Circuit 1: 2-4 sets

1. [DB Squat to Press](#) x 8-10 side
2. [Side Plank with Leg Raise](#) x 6-10 ea side

Circuit 2: 2-4 sets

1. [DB Single Leg RDL](#) x 6-8 ea leg
2. [1 Arm DB Snatch](#) x 5ea arm
3. [Front Plank w/ Arm Lift](#) x 4-6ea arm

Circuit 3: 2-3 sets

1. [DB Cross Chop](#) x 10 ea side
2. [Oblique Knee Tuck - Pushup Position](#) x 8-10 ea

Big Fun Finisher: **DB Complex***(description below)

DB Squat
DB Swing
1 Arm Clean to Press
Squat Jump

***DB Complex:** Do 5 reps of 1st movement. Move right to next movement. Complete all. Rest 1-2min. 2-4 sets

***Cardio Sub:** If you have cardio machines, you can sub 10 min of cardio intervals instead of the Finisher