



6 WEEK CHALLENGE

AT HOME WORKOUT PLAN

SUGGESTED EQUIPMENT: RESISTANCE BAND

**PROPER PLANNING PREVENTS POOR PERFORMANCE
THIS IS DESIGNED TO BE FOR MAKING UP WORKOUTS/TRAVELING/ OR
FILLING YOUR IN BETWEEN GYM DAYS.**

LEGEND

BB = BARBELL

DB = DUMBBELL

AMRAP = AS MANY ROUNDS AS POSSIBLE

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LEGS

CHEST/SHLDR/TRICEP

BACK/BICEPS

ABS

TOTAL BODY CONDITIONING

CARDIO BLASTS/HIIT

LEGS

Warm-up: 2-3 min mobility drills (leg swings, long lunges, diagonal reaches)

Squat Variation: Add Band under your feet and hold it around your shoulders for resistance 3 sets x 15 reps Goal is to use enough weight to provide difficult resistance, but not too much that you cannot have good form.

Leg curl variation: Use bands seated/lying or using a Swiss Ball with hips elevated) **3 sets x 15 reps**

1A. Stationary Lunge: Use Band under front foot and around shoulders if you want to add resistance. **3 sets x 12-15 reps/leg**

1B. Sumo Squat Use band under feet & around shoulders when it's needed. Body Weight might be fine to start. **3 sets x 15 reps**

2A. Glute Bridge with feet together aka Frog Pumps Ly on your back, feet together, Elevate hips and squeeze Glutes tight for 2 seconds at the top of each rep.

Control the negative as your hips come down. **3 sets x 15 reps**

2B. Banded Glute Kickbacks 3 sets x 15-20 reps

Chest/Shldr/Tricep

Warm-up: 2-3 min

Shoulder Press: Stand on the band and press overhead **3 sets x 15 reps**

1A. **Upright Row:** This can be done with a barbell, dumbbells, Band or on the cables. The Goal with these is to perform each rep with explosive power and control the negative phase of the movement (bringing the weight down) **3 sets x 12 reps**

1B. **Band Pull aparts:** Essentially hold arms straight out and 'pull' the resistance band apart (squeezing back of shoulders). **3 sets x 15 reps**

2A. **Lateral Raise:** You can use resistance bands or DB's for these. **3 sets x 12-15 reps**

2B. **Overhead Tricep Extension:** Stand on the band and reach behind your head, then fully extend above your head. **3 sets x 15 reps**

Push-Ups These can be modified by doing them on an incline, decline or your knees Progressions are as follows:

-Inclined

-Knees

-leg straight

-legs elevated (decline)

3 sets x AMRAP

Back & Biceps

Warm-up: 2-3 min mobility drills

1A. Narrow Vertical Pull Down: This can be done with a band attached above your head **3 sets x 12-15**

1B. Wide Row: This can be done with a band looped under your feet **3 sets x 12-15**

2A. Wide Vertical Pull Down: This can be done with a band attached above your head **3 sets x 12-15**

2B. Narrow Horizontal Row: This can be done with a band looped under your feet **3 sets x 12-15**

3A. Curls: This can be done with a band or Db's **3 sets x 12-15**

3B. Hyperextension or Superman: **3 sets x 12-15 reps**

4. Ab exercise of choice **3 set x 12-15 reps**

Total Body Conditioning

Warm-up: 2-3 min

Complete AMRAP for each exercise.

Option 1 Abs: (3-4 rounds)

1A. Weighted V-up 3 sets x 10-15 reps; rest 30-60sec before proceeding to 1B.

1B. Side Plank hold 3 sets x 30 sec hold per set; rest 30-60sec before starting back at 1A.

Total Body Conditioning:

Exercise - Work Interval - Rest Interval - Sets

Prisoner Squats (fast) 30-20-4

Plyo Push-ups (no clap) 30-20

Plyo or Reverse Lunges 30-20

Mountain Climbers 30-20-30 sec work x 20 sec rest; 1min rest btwn sets x 4 rounds

Option 2 Abs: (3-4 rounds)

1A. Seated Russian Twist (heels on the ground) 3 sets x 10-15 reps; rest 30-60sec before proceeding to 1B

1B. Forward Plank hold 3 sets x 30 sec hold per set; rest 30-60sec before starting back at 1A.

Total Body Conditioning:

Exercise Work Interval - Rest Interval - Sets

Plyo Lunges off step 30 20 4

DB Push Press (~15-20bs) 30 20

Pop squats 30 20

Burpees w/jump 30 20 30 sec work x 20 sec rest; 1min rest btwn sets x 4 rounds

Total Warm-Ups

Upper body

arm circles-starting small and increasing in size x 60s

plank up-downs x 60s

lateral raises and external rotations x 60s

Lower body

****Foam roll: glutes, quads, IT Band, calves****

Two legged glute bridges x 20

walking lunges x 20

hip extensions/leg swings x 15 per leg

body weight jump squats x 15

heels to butt x 30

Add 3-5 minute LIGHT jog to end or beginning of these if needed