



Quick Workouts

Bodyweight ONLY Program

All materials provided are for educational purposes only, and is not to be used for medical advice, diagnosis or treatment. Always consult your physician before beginning any exercise program.

You should be in good general and physical health prior to starting this or any other fitness program.

HOW TO USE THIS PROGRAM

This program is designed to take it with you wherever you go. In this program, all workouts are 15 minutes or less. The idea is what you can take your workout upstairs, outside or into the backyard.

WEEKLY PLAN

There are 3 weekly workouts:

AMRAP: As Many Rounds As Possible. Set a time as indicated in the workout, and complete the exercises/reps as many rounds as you can within the time allotted. Take as much or as little time to rest as needed.

LADDERS: Add 1-2 reps each round to climb the ladder, and then remove the reps to come down. Do each move for the starting number of reps, add on 1-2 reps (as noted) until you hit the top number of reps. Come back down the same way you went up!

EMOM: Every Minute On The Minute. Set a timer for the indicated number of minutes. Perform all the exercises and reps within that time. You can add 1-2 reps or remove 1-2 reps to adjust to your fitness level - You get to rest for the remaining time. That means if you work faster, you get more rest, but you will be more tired. Decide your best approach and restart the moves every minute.

THINGS YOU'LL NEED

Space - make sure you have enough space to do the exercises safely.

Mat - optional but if you have floor work, some people like a mat.

Water - water is essential, take sips as needed throughout the workout.

All workouts are designed to be done without the use of equipment!

TRACKING PROGRESS

Tracking progress is one of the most effective ways to stay motivated. When you see something working, you're more likely to stick to it! Here are the best ways to track progress during the 4-week Home Stay program.

Measurements

Measurements are a much better indicator of progress. Muscle is more dense than body fat, so if you lose body fat (even if you don't lose weight!) you will notice a loss in inches. Some good places to measure: chest, waist, arms, hips, thighs. Record the measurements to compare later.

Pictures

Taking photos can help you see the difference a fitness program is making for you! Take a photo from the front and side in what ever clothing you're most comfortable. Remember to take subsequent photos at the same time and same location (so the lighting is the same!)

Notes

Make notes on how you feel. Write out how you feel after each workout and see the progress of your energy, ability and motivation.

THE PROGRAM

WEEK #1

WEEK 1 // DAY 1

AMRAP

Set a timer for 15 minutes - Get through As Many Rounds As Possible

30 High Knees / High Knee Marches
25 Jumping Jacks
30 Air/Bodyweight Squats
15 Glute Bridges
3 Push ups

WEEK 1 // DAY 2

LADDER

Start at 2 reps per move, adding 2 on each round until you are doing 10 reps per move. Then repeat coming down:

2 - 4 - 6 - 8 - 10 - 8 - 6 - 4 - 2

Squats
Reverse Lunge with Knee
Superman Pull Downs
Alternating Jackknives
Sit ups

WEEK 1 // DAY 3

EMOM

Set a timer for 8 minutes - every minute, on the minute, restart the set of exercises (add or remove a rep from a move if it feels too challenging)

16 bicycle crunches
3 burpees
12 lunges (6/leg)

WEEK #2

WEEK 2 // DAY 1

AMRAP

Set a timer for 15 minutes

Get through As Many Rounds As Possible

20 Reverse Lunges

20 Crunches

5 Burpees

45-second plank

50 Squated Punches

WEEK 2 // DAY 2

LADDER

Start at 2 reps per move, adding 2 on each round until you are doing 10 reps per move. Then repeat coming down:

2 - 4 - 6 - 8 - 10 - 8 - 6 - 4 - 2

Lateral Lunges

Glute Bridges

Push Ups

Bicycle Crunches

Plank with Shoulder Taps

WEEK 2 // DAY 3

EMOM

Set a timer for 8 minutes - every minute, on the minute, restart the set of exercises (add or remove a rep from a move if it feels too challenging)

5 push ups

8 squats

15 jumping jacks

WEEK #3

WEEK 3 // DAY 1

AMRAP

Set a timer for 15 minutes

Get through As Many Rounds As Possible

10 Supermans

15 air/bodyweight squats

20 Jumping Jacks

20 Mountain Climbers

8 Laydown Push ups

WEEK 3 // DAY 2

LADDER

Start at 2 reps per move, adding 2 on each round until you are doing 10 reps per move. Then repeat coming down:

2 - 4 - 6 - 8 - 10 - 8 - 6 - 4 - 2

Sumo Squats

Split Squats (on each side)

Down Dog Toe Touch

Laydown Push Ups

Scissors

WEEK 3 // DAY 3

EMOM

Set a timer for 8 minutes - every minute, on the minute, restart the set of exercises (add or remove a rep from a move if it feels too challenging)

10 plank shoulder taps

10 criss-cross abs

10 curtsy lunges

WEEK #4

WEEK 4 // DAY 1

AMRAP

Set a timer for 15 minutes

Get through As Many Rounds As Possible

20 Skaters

10 Sit Ups

12 Commandos / Up and Down Planks

50 Jump Ropes

WEEK 4 // DAY 2

LADDER

Start at 2 reps per move, adding 2 on each round until you are doing 10 reps per move. Then repeat coming down:

2 - 4 - 6 - 8 - 10 - 8 - 6 - 4 - 2

Lateral Lunges

Glute Bridges

Push Ups

Bicycle Crunches

Plank with Shoulder Taps

WEEK 4 // DAY 3

EMOM

Set a timer for 8 minutes - every minute, on the minute, restart the set of exercises (add or remove a rep from a move if it feels too challenging)

10 alternating jackknives

5 jump squats

16 fast punches