

At Home Workouts Mar 23 to March 29

Monday, March 23rd

Workout Format:

As Many Rounds As Possible (AMRAP) - In an AMRAP format, you are performing as many rotations through the 2 or 3 exercises per round. This format is great for improving endurance and focusing on fat burning!

Workout Emphasis:

Total Body Conditioning – The purpose of this workout is to maximize fat burning and endurance, without risking losing any lean muscle mass. To do this, we have equal parts cardio and movement-pattern exercises!

Video Link:

<https://vimeo.com/398578619/ff4f24b9a9> (BC)

Workout Description:

5 Minutes for Each Round

Round 1

1A x10 John Travoltas
1B x10 Standing Bicycles
1C x10 Narrow Push-ups

Round 2

2A Deadbug w/ Alt Heel Tap
2B x10 Glute Bridge March
2C x10 Total Body Extension Jumps

Round 3

3A x10 in/out & front/back line sprints
3B x20 Cross Body Crunches

Round 4

4A x5 High Knees + 1 Burpee
4B x Hinge Position YTA's

Tuesday, March 24th

Workout Format:

A Conveyor – In this workout format, you will do *one exercise, one time* before moving on to the next exercise. But don't be fooled, you will go through all exercises several times!

Workout Emphasis:

Total Body Strength – The purpose of this workout is to focus on maintaining strength and lean muscle mass *without* having to use equipment. Take notice of the tempo's of some of the exercises; they are slowed down for a reason!

Video Link:

<https://vimeo.com/398579223/54416ed3c7> (GRNE)

Workout Description:

36 Seconds of Work
12 Seconds of Rest
1x per exercise before moving to next
3 Rounds through all exercises

1. Squats with 4:2:X Tempo

2. Flutter Kicks
3. Pushups 4:2:X Tempo
4. In and Out Sprints
5. Split Squat 4:2:X Tempo
6. Up/Down Plank
7. Straight Leg Set-up 4:2:X Tempo
8. Lateral Lunge 4:2:X Tempo
9. Leg Lower 4:2:X Tempo
10. Burpee

Wednesday, March 25th

Workout Format:

Tabata (AAAABBBB) – In this format, you will do *one exercise, four times in a row* before moving on to the next exercise. This is one of the most classic and effective formats for at-home bodyweight workouts!

Workout Emphasis:

Total Body Conditioning – The purpose of this workout is to maximize fat burning and endurance, without risking losing any lean muscle mass. To do this, we have equal parts cardio and movement-pattern exercises!

Video Link:

<https://vimeo.com/398579771/58c597f9f3> (HOL)

Workout Description:

Five Total Stations

20 Seconds of Work + 10 Seconds of Rest

Repeat A and B Exercise Four Times Each Station

Format: TABATA – AAAABBBB – 20:10

Station 1:

- A. Sprint-to-Backpedal
- B. Push Ups

Station 2:

- A. Carioca
- B. Glute Bridges

Station 3:

- A. Triangle Drill
- B. Alligator Sit Up

Station 4:

- A. Lateral Speed Skaters
- B. Squat Jumps

Station 5:

- A. Deadbug Heel Lower
- B. Plank Jack Burpee

Thursday, March 26th

Workout Format:

Every Minute On the Minute (EMOM) Variation – In this workout format, you will do one exercise for one minute before moving on to the next.

Workout Emphasis:

Total Body Strength – The purpose of this workout is to focus on maintaining strength and lean muscle mass *without* having to use equipment. Take notice of the tempo's of some of the exercises; they are slowed down for a reason!

Video Link:

<https://vimeo.com/398580686/f56b47ae66> (GV)

Workout Description:

5 Exercise Circuit

Format: 1 minute per exercise with no break between exercises (Take 1-2 min break between rounds).

Perform Circuit for 3 Total Rounds (15 min total)

1. Jump Squats
2. Push-Ups
3. Alternating Reverse Lunges
4. Up/Down Planks
5. Burpees

Finisher:

:30sec each exercise (no break)

2x though (2 min total)

1. High Knees
2. Mt. Climbers

Friday, March 27th

Workout Format: Standard (ABABAB) – In this workout format, you will pair two exercise together at a time, going back and forth from 'Exercise A' to 'Exercise B' three times before moving on to the next pair.

Workout Emphasis:

Total Body Conditioning – The purpose of this workout is to maximize fat burning and endurance, without risking losing any lean muscle mass. To do this, we have equal parts cardio and movement-pattern exercises!

Video Link:

<https://vimeo.com/398581605/3be8861e85> (GRNE)

Workout Description:

34 Seconds of Work

10 Seconds of Rest

Back and forth from ex. A to ex. B three times before moving to next pairing

1A Mountain Climbers
1B Speed Skaters

2A Latera Lunge to Knee Drive
2B High Knees

3A Side Push-up
3B Smurf Jack

4A El Chapo w/ Twist

4B Hiccups

5A Best Hold w/ Alt Knee Taps

5B Squat Hop

Saturday, March 28th

Workout Format: AA Conveyor – This workout format is a slight variation to the format done on Tuesday, but you instead do an exercise *two times in a row* before moving on to the next exercise.

Workout Emphasis:

Total Body Strength – The purpose of this workout is to focus on maintaining strength and lean muscle mass *without* having to use equipment. Take notice of the tempo's of some of the exercises; they are slowed down for a reason!

Video Link:

<https://vimeo.com/398582651/a8a89f4490> (BC)

Workout Description:

AA conveyor 39:12 Total body strength

1. Reverse lunge to hop (4:2:X tempo)
2. High plank pull through
3. Bent-over row pulse
4. Shawn-T
5. Straight leg lower (4:2:X tempo)
6. Sumo bob squats
7. Single leg glute bridge (4:2:X tempo)
8. Break the boards
9. Single arm high plank hold
10. Quadruped donkey kick

Finisher:

- a. 25:10 A conveyor speed round with all exercises above
- b. Pyramid: (1:1:1, 2:2:2, 3:3:3, etc) 2 mins
 - a. Glute bridge
 - b. Push-up
 - c. Vertical push press jack

Sunday, March 29th

Workout Format:

As Many Rounds As Possible (AMRAP) - In an AMRAP format, you are performing as many rotations through the 2 or 3 exercises per round. This format is great for improving endurance and focusing on fat burning!

Workout Emphasis:

Total Body Conditioning – The purpose of this workout is to maximize fat burning and endurance, without risking losing any lean muscle mass. To do this, we have equal parts cardio and movement-pattern exercises!

Video Link:

<https://vimeo.com/398583951/d687f7ed16> (HOL)

Written Description:

Five Total Stations

4 Minutes Each Station Alternating Between Exercises Every 30 Seconds

Format: 4 Minute AMRAP – ABABABAB – 30:30

Station 1:

- A. Jumping Jacks
- B. Front-to-Back Speed Skaters

Station 2:

- A. Drop Squat
- B. Heisman's

Station 3:

- A. Push Ups
- B. Deadbug Rockers

Station 4:

- A. Lateral Shuffle
- B. Glute Bridge Walkout

Station 5:

- A. Sky Reach Crunch
- B. Burpee Alternating Lateral Reach

Bonus Partner Workout

Workout Format:

In this 30-minute at home workout, grab your favorite workout buddy and enjoy a total body conditioning workout you can enjoy together!

Video Link:

<https://vimeo.com/398585079/4e8c6ca9f8>