

At Home Two Week Workout - Program (basic)

Monday	Squats	Jumping Jacks		RDL/GM	Calf Raises	Burpee		Reverse Flys	Glute Bridges		Plank	Iso Glute Bridge
Warm Up 5-15 min.	x 15			x 12	x 20	x 5		x 12	x 20		:30-:45 sec.	:30-45 sec.
Modify or Progress	x 15	x 50		x 12	x 20	x 5		x 12	x 20		:30-:45 sec.	:30-45 sec.
Refer to exercise list	x 15			x 12	x 20	x 5		x 12	x 20		:30-:45 sec.	:30-45 sec.
Stretch post workout 5-15 minutes	x15	x 50										
Tuesday	Lunges	Bird Dogs		Shoulder Raises	Push Ups	Toe Taps		Leg Raises	Mountain Climers	Step Ups		
Warm Up 5-15 min.	x 12 each	x 8 each		x 10		x 20 each		x 8	x 15 each	x 10 each		
Modify or Progress	x 12 each	x 8 each		x 10		x 20 each		x 8	x 15 each	x 10 each		
Refer to exercise list	x 12 each	x 8 each		x 10		x 20 each		x 8	x 15 each	x 10 each		
Stretch post workout 5-15 minutes	x 12 each	x 8 each			Total: 30			x 8	x 15 each	x 10 each		
Thursday	Squats	RDL/GM		Step Ups	Shoulder Press (plyo suggested)			Burpee	Plank			
Warm Up 5-15 min.	x 10	x 10		x 15 each	x 15			x 10	:30 sec. 1:00 min			
Modify or Progress	x 10	x 10		x 15 each	x 15			x 10	:30 sec. 1:00 min			
Refer to exercise list	x 10	x 10		x 15 each	x 15			x 10	:30 sec. 1:00 min			
Stretch post workout 5-15 minutes	x 10	x 10						x 10	:30 sec. 1:00 min			
	x 10	x 10						x 10	:30 sec. 1:00 min			
Friday	Rows	Dips		Push Ups	Curls	Bird Dogs		Toe Taps	Squats or Sumo Squats	Planks (plyo suggested)		Walk/ Jog
Warm Up 5-15 min.	x 12 each	x 6-10		As Many As Possible	x 20 each	x 8 each		x 20 each	x 12	:45 sec.		Pick one:
Modify or Progress	x 12 each	x 6-10		AMAP	x 20 each	x 8 each		x 20 each	x 12	:45 sec.		Jog 10-20 mins
Refer to exercise list	x 12 each	x 6-10		AMAP	x 20 each	x 8 each		x 20 each	x 12	:45 sec.		Walk 30-45 mins
Stretch post workout 5-15 minutes	x 12 each	x 6-10						x 20 each	x 12	:45 sec.		
Saturday/Sunday	Toe Taps	Burpees		Jog/ Walk	Plank		Lunges		Sit Ups	Jumping Jacks		
Warm Up 5-15 min.	x 15 each	x 8 each		Jog 2:00/ Walk 4:00	:45 - 1:15		x 20 each		x 12	x 25		
Modify or Progress	x 15 each	x 8 each		Jog 2:00/ Walk 4:00	:45 - 1:15		x 20 each		x 12	x 25		
Refer to exercise list	x 15 each	x 8 each		Jog 2:00/ Walk 4:00	:45 - 1:15		x 20 each		x 12	x 25		
Stretch post workout 5-15 minutes	x 15 each	x 8 each							x 12	x 25		