At Home Two Week BW Workout - Exercise List and Video Bank

Name of Client:

Exercise	Modification	Progression	Advanced Progression	Notes
Bird Dogs	Just Legs	Bird Dogs	Same Side	https://youtu.be/Hwe1ZdBQHug
Burpee	Low impact Burpee	No Push Up Burpee	Burpee's with pushup	https://youtu.be/7K5wsJKhTUQ
Calf Raises	Calf Raises	Eccentric Calf Raises	Weighted and Eccentric	
Curls	Single Arm	Both Arms	Add weight	
Dips	Knees Bent	Legs Straight	Feet elevated	https://youtu.be/AsveiRCzYQU
Glute Bridges	Reduce range of motion bridge	Glute Bridge	Single leg bridge	https://youtu.be/ClrrfqDN2ZQ
Jumping Jacks	Step Touch	Jumping Jacks	Tuck Jumps	
Lateral Raises	Reduce weight	add weight	add weight	https://youtu.be/ImM2EJmzi3A
Leg Raises	Single Leg Raise	Leg Raise	Dragon Flag	https://youtu.be/6eRltpVPx2A
Lunges	Split Squat	Reverse Lunge/ Walking Lunge	Jumping Lunges	https://youtu.be/yRVdXdsTZFg
Mountain Climbers	Elevated Moutain Climbers	Mountain Climbers	Mountain Climbers with Sliders	https://youtu.be/Ao7SFQrw1IU
Plank	Knees Down, Plank	Plank	Super Plank	https://youtu.be/xJr69vjzJgU
Push Ups	Knees Down, Push Up	Push Up	Plyo Push Up	https://youtu.be/oQFzrYbKSeo
RDL/ GM	Body Weight	Add weight	Single leg RDL	https://youtu.be/iYstzYaQWgM
Reverse Flys	Reduce Weight	Add Weight	Add Weight	https://youtu.be/ImM2EJmzi3A
Rows	Reduse Weight, and use chair balance	Weighted rows(both arms)	Bar Rows	
Sit Ups	Butteryfly Sit Ups	Weighted Sit ups(one weight)	Weighted Sit ups(two weights)	https://youtu.be/pvZU1gZCmQs
Step Ups	Low Step Ups	90 ° Step Ups	Weighted Step Ups	https://youtu.be/ogh9Eozin7c
Shoulder Press	Standing press(one weight)	Kneeling Single Arm Press	Standing Press(two weights)	https://youtu.be/17BUyrl0dWs
Squats	Body Weight	Weighted Squats	Jump Squats	https://youtu.be/-DWrziQAJK0
Toe Taps	Step Touch	Toe Taps		https://youtu.be/MikWwv6pF0k

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.	Ĭ	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			