



HOME WORKOUT PROGRAM

NO
EQUIPMENT REQUIRED



GEORGE HEALTH
THE HONEST FITNESS SITE - FREE

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Home Workout Program WORKOUT A

Date: _____ Start Time: _____

Day: _____ Finish Time: _____

Total Time: _____

COMBO	Exercise	Time	Round 1	Round 2	Round 3	Comments
			Reps	Reps	Reps	
Legs	Alternating Pistol Squat	60 secs				
	Bottom Half Squat	60 secs				
	Jump Squats	60 secs				
	REST	120 seconds	-	-	-	-
Upper Push	Handstand Shoulder Press	60 secs				
	Twisting Push Up	60 secs				
	Cobra Press Up	60 secs				
	REST	120 seconds	-	-	-	-
Rear Legs / Glutes	Alternating Heel Grab	60 secs				
	Alternating Sprinter Steps	60 secs				
	Low Lunge Jumps	60 secs				
	REST	120 seconds	-	-	-	-
Upper Pull	Lat Pull Up	60 secs				
	Floor Pullover	60 secs				
	Table Bicep Curl	60 secs				
	REST	120 seconds	-	-	-	-
Abs / Core	Alternating Oblique Twists	60 secs				
	Black Widow Knee Slides	60 secs				
	Levitation Crunches	60 secs				
	REST	120 seconds	-	-	-	-
Posture Correction	Angels and Devils	60 secs				
	REST	240 seconds	-	-	-	-
TOTAL TIME PER ROUND		30 minutes				

Notes: _____