



HOME WORKOUT PROGRAM

NO
EQUIPMENT REQUIRED

Home Workout Program *WORKOUT B*

Date: _____ Start Time: _____
Day: _____ Finish Time: _____
Total Time: _____

COMBO	Exercise	Time	Round 1	Round 2	Round 3	Comments
			Reps	Reps	Reps	
Back Legs and Glutes	Slick floor bridge curls	60 secs				
	Long Leg Marches	60 secs				
	High Hip Bucks	60 secs				
	REST	120 seconds	-	-	-	-
Upper Push	Variable Wall Pushups	60 secs				
	Alternate Bodyweight Lat Raises	60 secs				
	Bodyweight Tricep Extensions	60 secs				
	REST	120 seconds	-	-	-	-
Front Legs	Alternating Step Up	60 secs				
	Alternating Reverse Lunges	60 secs				
	Split Squat Jumps	60 secs				
	REST	120 seconds	-	-	-	-
Upper Pull	Chin Ups	60 secs				
	Inverted Wide Rows	60 secs				
	Back Widows	60 secs				
	REST	120 seconds	-	-	-	-
Abs / Core	Ab Halos	60 secs				
	Knee Tucks	60 secs				
	Sit Up Elbow Thrusts	60 secs				
	REST	120 seconds	-	-	-	-
Posture Correction	Reverse Hypers	60 secs				
	REST	240 seconds	-	-	-	-
TOTAL TIME PER ROUND		30 minutes				

Notes: _____