TOTAL BODY STRENGTH
Bodyweight
3-4 sets of 15 reps each
Air Squat (3 second count down, 2 second pause at bottom)
Push Up (from feet or knees)
Hip Bridge (3 second hold at top)
Dip (hands on chair, couch or bench)
Walking Lunge (15/side)

TOTAL BODY STRENGTH
Dumbbell / Kettlebell
3-4 sets of 8-12 reps each
Goblet Squat (heavy DB/KB at chest)
Floor Press (similar to DB bench press, but laying on floor)
Hip Bridge (heavy DB/KB held at hips)
Bent Row (hinge forward, row DBs towards hips keeping elbows in)
Walking Lunge (hold DBs/KBs at sides)

AT-HOME WORKOUTS

CARDIO CIRCUIT
Intermediate - Advanced
45 seconds on, 15 seconds off
Repeat A-E for 3-4 rounds!

A) 5 squats + 2 squat jumps
B) Burpee (variation of choice)
C) 5 plank jacks + 2 pushups
D) Side shuffles with floor touch
E) 5 high knees + 2 lunges

** repeat each 5+2 for the full interval time

CARDIO CIRCUIT
Low Impact
30 seconds on, 30 seconds off
Repeat A-E for 2-3 rounds!

A) Jumping jacks (stepping)
B) In-place walking high knees
C) Air squat
D) Standing mountain climber
E) Lateral steps
**LOWER BODY STRENGTH**

*Dumbbells / Kettlebells Optional*

**Alternatives: heavy textbook, filled backpack, gallon jugs, laundry detergent bottle**

A) Goblet squat / Air squat  
(3s count down)  
5x10

B1) Reverse lunge  
4x8ea

B2) Single leg RDL / Single leg hip bridge  
4x8ea

C1) Hip thrust (mid back on couch/chair, weight on hips)  
3x20

C2) Lateral squat  
(keep weight at chest)  
3x12ea

D) Wall sit *(for max time)*  
** weighted option / unweighted option**

**UPPER BODY STRENGTH**

*Dumbbells / Kettlebells Optional*

**Alternatives: water bottles, gallon jugs, laundry detergent bottle**

A) Floor press / Pushup  
5x10

B1) Single-Arm row  
4x12ea

B2) Single-Arm overhead press  
4x8ea

C1) Lateral raise  
3x15

C2) Upright row  
3x10

**MINI CORE CIRCUIT**

Perform each exercise for 30 seconds, resting 30 seconds between. Repeat for 2-3 rounds!

Plank up-downs / Plank w/shoulder taps
Bicycle / Russian twist
Side plank (add dips for a challenge)
Lying leg raise

**BONUS STAIR WORKOUT**

10 minute AMRAP  
(as many rounds as possible)

**Needed: one flight of stairs**

A) Run up w/ one foot per stair – R/L/R/L etc.
B) 10x hands-elevated pushups
C) Run up w/ two feet per stair – RL/RL/RL etc.
D) 10x dips (hands on 2nd stair)
E) Run up w/ one foot every other stair – skipping stairs
F) 30 second plank of choice