

Four week
AT-HOME
workout program



Want to **jumpstart** your home workout routine? *We've got the solution!*

Our thirty-day at-home workout program can be done with no special equipment, and each workout includes a workout-specific warm-up along with strength and skill sessions.

These workouts are designed to be done four times a week. We recommend making a schedule and doing your workouts at the same time every day. You can do them on Monday, Wednesday, Friday, and Saturday, or take the weekend off and knock them out during the week, picking one day during the week as a rest day.

Allow about 30 minutes for each session, including a warm up. You can do these workouts anywhere: your bedroom, living room, backyard, or garage with nothing more than a chair and a positive attitude.

If you have any questions please feel free to text our team.
We would be more than happy to help!

Day 1

Warm Up

3 Rounds

15 Jumping jacks

10 Samson stretches

5 Big arm circles backwards and forwards

Strength / Skill

1 Set of max unbroken push-ups

(If you can't do a push-up on the floor, you can do modified push-ups with your hands elevated on a couch or table.)

rest 2 minutes

10min EMOM

(Every minute on the minute) do 50% of max unbroken push-ups

(If you did 20 unbroken push-ups in your max set, do 10 every minute on the minute.)

Workout

For Time

100 Air squats

75 Sit-ups

50 Chair dips

400m Run

Day 2

Warm Up

2 Rounds

20 Jumping lunges

20 Groiners

20 Arm crosses

20 Bootstrappers

Strength / Skill

Press and holds

Find any object you can hold with two hands.

(This can be a chair, a backpack, a sack of potatoes, or jug of water.)

5 Sets

10 Object Strict presses + 20 sec hold over head

*Focus on reaching for the sky and keeping your elbows straight

Workout

For Max Reps

2 min of lunges

rest :30secs

2 min of push-ups

rest :30secs

2 min of tuck ups

rest :30secs

2 min of up downs

rest :30 secs

2 min of presses

Day 3

Warm Up

- 10 Jumping jacks
- 10 Sit-ups
- 10 Air squats
- 10 Trunk twists

Strength / Skill

Plank Holds

- 3 sets of :30secs in each position
- Elbow plank
- Straight arm plank
- Right side plank
- Left side plank
- Straight arm plank
- Elbow plank

Workout

10 Rounds for Time

- 10 Air squats
- 10 Up downs
- 10 Tuck jumps

Day 4

Warm Up

100m Jog
15 Lunges
10 Inchworms
5 Groiners

Strength / Skill

Chair Dips

1 set of max unbroken chair dips

rest 2 minutes

10min EMOM (every minute on the minute)

50% of max chair dips

(If you did 20 unbroken chair dips in your max set, do 10 every minute on the minute.)

Workout

7 Rounds for Time

100m Sprint
100m Walk

Day 5

Warm Up

7 minutes of

- 4 Lunges
- 4 Burpees
- 4 Hollow rocks
- 4 Tuck jumps

Strength / Skill

Split Squats

5 sets of:

5 right/left rear foot elevated split squats

*Put your rear foot on a chair and squat down as far as possible, keeping your front foot planted on ground and rear foot on chair, chest up. Do five sets of five on each leg.

Workout

For Time

10-9-8-7-6-5-4-3-2-1

1-2-3-4-5-6-7-8-9-10

Push-ups

Sit-ups

Day 6

Warm Up

2 Rounds (5:00 minute cap)

:30 Wall Sit

:15/:15 Doorway Stretch (L/R)

:30 Reverse Plank

:30 Wall Sit

10 Jumping Air Squats

10 Scap Push-ups

10 Bootstrappers

Strength / Skill

Hollow Holds

10 sets of :30sec hollow holds

Workout

For Time

100 Air squats

30 Chair dips

75 Air squats

20 Chair dips

50 Air squats

10 Chair dips

Day 7

Warm Up

4 Rounds

10 Jumping jacks

10 Samson stretches

10 Big arm circles forwards and backwards

10 Trunk twists

Strength / Skill

5 Sets

15 Push-ups

:90sec rest

Workout

14 minute AMRAP (as many rounds as possible)

20 Up downs

15 Sit-ups

10 Air Squats

Day 8

Warm Up

2 Rounds

10 Groiners

10 Boot strappers

10 Inchworms

Strength / Skill

Plank Holds

3 Sets of :45secs in each position

Elbow plank

Straight arm plank

Right side plank

Left side plank

Straight arm plank

Elbow plank

Workout

5 Rounds for Time

10 Chair dips

10 Object presses

5L/5R Split squats

*Put your rear foot on a chair and squat down as far as possible, keeping your front foot planted on ground and rear foot on chair, chest up. Do five on each leg each round

Day 9

Warm Up

100m Jog
15 Lunges
10 Tuck ups
5 Groiners

Strength / Skill

Chair Dips

5 Sets
15 Chair Dips
:90secs rest

Workout

3 Rounds for Time

20 Jumping jacks
20 Burpees
20 Air squats

Day 10

Warm Up

2 Rounds

:45 Wall Sit

:15/:15 Doorway stretch (L/R)

:30 Reverse plank

:45 Wall sit

10 Jumping air squats

10 Scap push-ups

Strength / Skill

Object Presses

5 sets

10 Object presses

:90sec rest

Workout

10 Rounds for Time

10 Burpees

100m run

Day 11

Warm Up

4 Rounds

10 Jumping jacks

10 Sit-ups

10 Air squats

10 Truck twists

Strength / Skill

5 Sets of

6 R/L rear foot elevated split squats

*Put your rear foot on a chair and squat down as far as possible, keeping your front foot planted on ground and rear foot on chair, chest up. Do five sets of six on each leg.

:90sec rest

Workout

21-15-9 for Time

Burpees

Push-ups

Sit-ups

Day 12

Warm Up

7 minutes of

10 Walking lunges

8 Burpees

6 Hollow rocks

4 Tuck jumps

Strength / Skill

Hollow Holds

10 sets of :30sec hollow hold

Workout

3 Rounds for Time

400m Run

30 Push-ups

Day 13

Warm Up

4 Rounds

5 Up downs

5 Groiners

5 Big arm circles

5 Inchworms

Strength / Skill

5 Sets

20 Push-ups

:90sec rest

Workout

10-9-8-7-6-5-4-3-2-1 for Time

Air squats

Sit-ups

Chair dips

Day 14

Warm Up

100m jog
10 Toy soldiers
10 Lunges
10 Trunk twists

Strength / Skill

Plank Holds

3 Sets of :45secs in each position
Elbow plank
Straight arm plank
Right side plank
Left side plank
Straight arm plank
Elbow plank

Workout

For Time

400m Run
50 Air squats
400m Run
50 Air squats
400m Run
50 Air Squats
400m Run

Day 15

Warm Up

4 Rounds

10 Jumping jacks

10 Samson stretches

10 Big arm circles forwards and backwards

10 Trunk twists

Strength / Skill

Object Presses

5 sets

10 Object presses

:90sec rest

Workout

20min AMRAP

5 Push-ups

10 Sit-ups

15 Up downs

Day 16

Warm Up

2 Rounds

20 Jumping lunges

20 Groiners

20 Arm crosses

20 Bootstrappers

Strength / Skill

Hollow Holds

10 sets of :30sec hollow holds

Workout

4 Rounds for Time

7 Burpees

14 Air squats