

6 Week Home Workouts



About Precision Fitness

Founded in 2001, Precision Fitness has been a leader in designing comprehensive strength and conditioning programs.

Many of our clients come to us because either pain, injury or declining health has left them unable to maintain an active vibrant lifestyle. These people, many of whom come in feeling helpless after exhausting all other options, find renewed hope after working with our highly qualified team of fitness, wellness and sports medicine experts.

We have countless success stories of people who have overcome their issue to take charge of their lives again. Because fitness is strength, and strength is power, we are passionate about helping people who feel defeated to find new strength for living at Precision Fitness.

The information contained within this manual is for education purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

We hope you find the following information useful.

Sincerely,

The Fitness Pros at Precision Fitness

www.pfitcentral.com

Disclaimer:

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this e-book is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Precision Fitness advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietitian. If your physician recommends that you don't use our Flexibility Protocol, please follow your Doctor's orders.

Overview of Program

Precision Fit Online is a 6-week full body training program designed to build your fitness the right way.

You will target strength, endurance, high intensity interval training (HIIT), balance, and core training during each week of the plan, consisting of 24 total workouts.

Throughout the program your workouts will progress with you, becoming more difficult but ensuring that you safely get stronger and build fitness confidence that you will take with you afterwards.

The number of repetitions and sets have been prescribed for you in order to eliminate guesswork; and you will be able to hold yourself accountable by checking off each workout you complete.

This is a no gym--no equipment required workout plan that will deliver results in a fundamental and healthy way. 6 weeks from now we hope you will share the progress you have made using Precision Fit Online!

Weeks 1-2

The first 2 weeks of your training plan are here.

Workouts A-D should be completed weekly based on your schedule.

During any of your 3 off days it is a good idea to incorporate forms of active recovery. Staying active helps promote new blood flow to your recently overworked muscles and helps keeps them from stiffening. Active recovery includes activities like walking, jogging, picnicking, hiking, cycling, and any form of exercise that you enjoy.

There are 4 workouts during weeks 1-2:

- Workout A (Strength)
- Workout B (Endurance)
- Workout C (HIIT)
- Workout D (Core & Balance)

*Video of each workout is available by clicking the link [here](#).

Workout A (Strength)

This workout is setup as a circuit. Each circuit is 3 rounds.

Perform each exercise each circuit for the required amount of reps and then move onto the next exercise with minimal rest between exercises.

At the end of the circuit, repeat for a total of 3 circuits, then move on to the next circuit and repeat.

Circuit A:

[Chair Glute Bridge](#)

[Deadbugs](#)

[Hip Abductions](#)

Circuit B:

[Split Squats](#)

[Modified Plank](#)

Circuit C:

[Weighted Hip Thruster](#)

[Modified/Elevated Hip Pockets](#)



Workout A (Strength)

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3	
Chair Glute Bridge	reps x	lbs	reps x	lbs	reps x	lbs
Deadbugs-Precision Fitness	reps		reps		reps	
Hip Abduction-Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs
Rest						
Split Squats - Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs
Modified Plank-Precision Fitness	sec		sec		sec	
Rest						
Weighted Hip thruster-Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs
Modified Hip Pockets-Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs
Rest						

Workout B (Endurance)

This muscular endurance workout is designed with higher repetitions and to build localized muscular endurance within the muscles being used.

The exercises are designed in Circuits. You will perform 3 rounds of each circuit for the prescribed repetitions and then rest at the end of the circuit and repeat.

Here are your circuits:

Circuit A:

[Bridges](#)
[Deadbugs](#)
[Hip Hinge](#)
[Band Combo](#)

Circuit B:

[Prisoner Squat](#)
[Dogs](#)

Circuit C:

[Hip Iso Hamstring](#)
[Pushups](#)

Workout B (Endurance)

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3	
Bridges-Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs
Deadbugs-Precision Fitness	reps		reps		reps	
Hip Hinge - Precision Fitness	reps		reps		reps	
Band Combo-Precision Fitness	reps		reps		reps	
Rest						
Prisoner Squat- Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs
Dogs3-Precision Fitness	reps		reps		reps	
Rest						
Hip Iso Hamstring - Precision Fitness	reps		reps		reps	
Pushups-Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs
Rest						

Workout C (HIIT)

High Intensity Interval Training (HIIT)

The exercises listed are to be performed for as many reps that can be done in a certain time period, usually under 1 minute, then you rest for a short time period, then move on to the next exercise.

Below is your order of the exercises. 2 rounds per circuit. 45 seconds of exercise followed by 15 seconds of recovery. Rest for 2 minutes at end of second round then proceed to next circuit. This routine should take you about 20 minutes.

Circuit A	Circuit B
Running in Place	Prisoner Squat
Rest	Rest
Mountain Climber	Inchworm Walk
Rest	Rest
Butt Kicks	Alternate Forward Lunge
Rest	Rest
Groiner/Spiderman	Bridges
Rest	Rest
	Deadbugs



Workout C (HIIT)

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	
Running in Place-Precision Fitness	reps	
Rest		
Mountain Climbers - Precision Fitness	reps	
Rest		
Butt Kicks-Precision Fitness	reps	
Rest		
Groiner (aka Spider-Man)	reps	
Rest		
Running in Place-Precision Fitness	reps	
Rest		
Mountain Climbers - Precision Fitness	reps	
Rest		
Butt Kicks-Precision Fitness	reps	
Rest		
Groiner (aka Spider-Man)	reps	
Rest		
Prisoner Squats- Precision Fitness	reps	
Rest		
Inchworms - Precision Fitness	reps x	lbs
Rest		
Alternate Forward Lunge- Precision Fitness	reps x	lbs
Rest		
Bridges-Precision Fitness	reps x	lbs
Rest		
Deadbugs-Precision Fitness	reps	
Rest		
Prisoner Squats- Precision Fitness	reps	
Rest		
Inchworms - Precision Fitness	reps x	lbs
Rest		
Alternate Forward Lunge- Precision Fitness	reps x	lbs
Rest		
Bridges- Precision Fitness	reps x	lbs

Bridges-Precision Fitness	reps x	lbs
Rest		
Deadbugs-Precision Fitness		reps

Workout D (Core & Balance)

Perform the exercises in Supersets/Circuits. Each exercise should be performed one after the other with minimal rest between exercises.

Perform each exercise for the requested amount of repetitions. Once the circuit is complete as directed, then complete circuit for the required number of supersets (3).

Superset/Circuit A:

[Bridge w/ March](#)

[Single leg Vectors](#)

[Planks](#)

[Single Leg Cone Taps](#)

Superset/Circuit B:

[Step up w/ Balance](#)

[Modified Side Planks](#)

[Lateral Lunges](#)

[Modified Hip Pockets](#)



Workout D (Core & Balance)

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3	
Precision Fitness-Bridge with March	reps x	lbs	reps x	lbs	reps x	lbs
Single Leg Vectors - Precision Fitness	reps		reps		reps	
Planks-Precision Fitness	sec		sec		sec	
Single Leg Cone Taps - Precision Fitness	reps		reps		reps	
Rest						
Step up with Balance - Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs
Modified Side Planks-Precision Fitness	sec		sec		sec	
Precision Fitness-Lateral Lunges	reps x	lbs	reps x	lbs	reps x	lbs
Precision Fitness- Modified Hip Pockets	reps		reps		reps	
Rest						

Weeks 3-4

The next phase of your training is here (Weeks 3-4)

The workouts have been adjusted to facilitate your increasing level of fitness. Same parameters apply: 4 workouts each week:

- Workout A (Strength)
- Workout B (Endurance)
- Workout C (HIIT)
- Workout D (Core & Balance)

During any of your 3 off days it is a good idea to incorporate forms of active recovery. Staying active helps promote new blood flow to your recently overworked muscles and helps keep them from stiffening. Active recovery includes activities like walking, jogging, picnicking, hiking, cycling, and any form of exercise that you enjoy.

Tip: print your workouts so that you can check off each set and exercise as you go along. You will hold yourself accountable and feel accomplished after you finish!

*Video of workouts in Weeks 3-4 can be found by clicking [here](#).

Workout A (Strength)

This workout is set up as a circuit. Each circuit is 3 rounds.

Perform each exercise in the circuit for the required amount of reps and then move onto the next exercise with minimal rest between exercises.

At the end of the circuit, rest for 60 -90 seconds, repeat for a total of 4 circuits, then move on to the next circuit and repeat.

Circuit A:

[Chair Glute Bridge](#)

[Deadbugs](#)

[Hip Abductions](#)

Circuit B:

[Split Squats](#)

[Modified Plank](#)

Circuit C:

[Weighted Hip Thruster](#)

[Hip Pockets](#)



Workout A (Strength)

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3		Set 4	
Chair Glute Bridge-Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs		
Deadbugs-Precision Fitness	reps		reps		reps			
Hip Abduction-Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs		
Rest								
Split Squats - Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Planks-Precision Fitness	sec		sec		sec		sec	
Rest								
Weighted Hip thruster-Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Precision Fitness- Hip Pockets	reps		reps		reps		reps	
Rest								

Workout B (Endurance)

This muscular endurance workout is designed with higher repetitions and to build localized muscular endurance within the muscles being used.

The exercises are designed in Circuits. You will perform 4 rounds of each circuit for the prescribed repetitions and then rest at the end of the circuit and repeat.

Here are your circuits:

Circuit A:

[Bridges](#)
[Deadbugs](#)
[Hip Hinge](#)
[Band Combo](#)

Circuit B:

[Prisoner Squat](#)
[Dogs](#)

Circuit C:

[Hip Iso Hamstring](#)
[Pushups](#)

Workout B (Endurance)

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3	
Bridges-Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs
Deadbugs-Precision Fitness	reps		reps		reps	
Hip Hinge - Precision Fitness	reps		reps		reps	
Band Combo-Precision Fitness	reps		reps		reps	
Rest						
Prisoner Squat- Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs
Dogs3-Precision Fitness	reps		reps		reps	
Rest						
Hip Iso Hamstring - Precision Fitness	reps		reps		reps	
Pushups-Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs
Rest						

Workout C (HIIT)

The exercises listed are to be performed for as many reps that can be done in a certain time period, usually under 1 minute, then you rest for a short time period, then move on to the next exercise.

Below is your order of the exercises. 2 Rounds of each circuit. 45 seconds of exercise; 15 second Repeat end of 2nd round of each circuit.

This routine should take you about 24-25 minutes.

Circuit A	Circuit B
Jumping Jacks	Bridges
Rest	Rest
T Pushups	Deadbugs
Rest	Rest
High Knees	Jump Lunge
Rest	Rest
Mountain Climber	Inchworm
Rest	Rest
	Frog Jumps



Workout C (HIIT 2.0)

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	
Jumping Jacks-Precision Fitness	reps	
Rest		
T Pushups (push-up w/rotation)- Precision Fitness	reps	
Rest		
High Knees- Precision Fitness	reps	
Rest		
Mountain Climbers - Precision Fitness	reps	
Rest		
Jumping Jacks-Precision Fitness	reps	
Rest		
T Pushups (push-up w/rotation)- Precision Fitness	reps	
Rest		
High Knees- Precision Fitness	reps	
Rest		
Mountain Climbers - Precision Fitness	reps	
Rest		
Bridges-Precision Fitness	reps x	lbs
Rest		
Deadbugs-Precision Fitness	reps	
Rest		
Alternate Jump Lunge - Precision Fitness	reps x	lbs
Rest		
Inchworms - Precision Fitness	reps x	lbs
Rest		
Frog Jumps- Precision Fitness	reps	
Rest		
Bridges-Precision Fitness	reps x	lbs
Rest		
Deadbugs-Precision Fitness	reps	
Rest		
Alternate Jump Lunge - Precision Fitness	reps x	lbs
Rest		
Inchworms - Precision Fitness	reps x	lbs

inchiworms - Precision Fitness	reps x	ms
Rest		
Frog Jump		reps

Workout D (Core and Balance)

Perform the exercises in Supersets/Circuits. Each exercise should be performed one after the other with minimal rest between exercises.

Perform each exercise for the requested amount of repetitions. Once the circuit is complete as directed, then complete circuit for the required number of supersets (4).

Superset/Circuit A:

[Bridge w/ March](#)

[Single leg Vectors](#)

[Planks](#)

[Single Leg Cone Taps](#)

Superset/Circuit B:

[Step up w/ Balance](#)

[Side Planks](#)

[Lateral Lunges](#)

[Plank with reach](#)



Workout D (Core & Balance)

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3		Set 4	
Precision Fitness-Bridge with March	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Single Leg Vectors - Precision Fitness	reps		reps		reps		reps	
Elbow Plank	sec		sec		sec		sec	
Single Leg Cone Taps - Precision Fitness	reps		reps		reps		reps	
Rest								
Step up with Balance - Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Side Planks-Precision Fitness	sec		sec		sec		sec	
Precision Fitness-Lateral Lunges	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Precision Fitness- Plank with reach	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Rest								

Week 5-6

The final phase of your training program is here (week 5-6). Again, the workouts have grown along with you in order to avoid progress plateau and keep your success going.

Same parameters apply: 4 workouts each week:

- Workout A (Strength)
- Workout B (Endurance)
- Workout C (HIIT)
- Workout D (Core & Balance)

During any of your 3 off days it is a good idea to incorporate forms of active recovery. Staying active helps promote new blood flow to your recently overworked muscles and helps keeps them from stiffening. Active recovery includes activities like walking, jogging, picnicking, hiking, cycling, and any form of exercise that you enjoy.

Tip: print your workouts so that you can check off each set and exercise as you go along. You will hold yourself accountable and feel accomplished after you finish!

Continue the existing weekly regimen. We can't wait to see you at the end on the other side!

*Video of all workouts in weeks 5-6 can be found by clicking [here](#).

Workout A (Strength)

This workout is set up as a circuit. Each circuit is 3 rounds.

Perform each exercise each circuit for the required amount of reps and then move onto the next exercise with minimal rest between exercises.

At the end of the circuit, repeat for a total of 3 circuits, then move on to the next circuit and repeat.

Circuit A:

[Elevated Single Leg Bridge](#)

[Hip Pockets](#)

[Corner rows](#)

Circuit B:

[Rear Elevated Split Squats](#)

[Body Saw Planks](#)

Circuit C:

[Weighted Hip Thruster](#)

[Feet Elevated Hip Pockets](#)

Workout A (Strength)

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3	
Elevated single leg bridge- Precision Fitness	reps		reps		reps	
Bodyweight Corner Rows	reps		reps		reps	
Precision Fitness- Hip Pockets	reps		reps		reps	
Rest						
Precision Fitness Rear Leg Elevated Split Squats	reps x	lbs	reps x	lbs	reps x	lbs
Bodysaw-Precision Fitness	reps		reps		reps	
Rest						
Weighted Hip thruster-Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs
Hip Pockets	reps x	lbs	reps x	lbs	reps x	lbs
Rest						

Workout B (Endurance)

This muscular endurance workout is designed with higher repetitions and to build localized muscular endurance within the muscles being used.

The exercises are designed in Circuits. You will perform 3 rounds Circuit A, 4 rounds of Circuit B and C, for the prescribed repetitions and then rest at the end of the circuit and repeat.

Here are your circuits:

Circuit A:

[Bridges](#)

[Deadbugs](#)

[Hip Hop Hinge](#)

[Band Combo](#)

Circuit B:

[Reverse Lunges](#)

[Dogs](#)

Circuit C:

[Hip Iso Hamstring](#)

[Pike Pushups](#)

Workout B (Endurance)

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3		Set 4	
Bridges-Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs		
Deadbugs-Precision Fitness		reps		reps		reps		
Hip Hinge - Precision Fitness		reps		reps		reps		
Band Combo-Precision Fitness		reps		reps		reps		
Rest								
Reverse lunges-Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Dogs-Precision Fitness-		reps		reps		reps		reps
Rest								
Hip Iso Hamstring - Precision Fitness		reps		reps		reps		reps
Pike Pushup - Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Rest								

Workout C (HIIT)

The exercises listed are to be performed for as many reps that can be done in a certain time period, usually under 1 minute, then you rest for a short time period, then move on to the next exercise.

Each circuit should be twice, 45 seconds of each exercise, followed by 15 rest. Repeat a second time. After finishing circuit, rest for two minutes and move on to the next circuit and repeat format.

Below is your order of the exercises. This routine should take you about 25 minutes.

Circuit A	Circuit B
Jumping Jacks	Feet Elevated Hip pocket with Pushup
Rest	Rest
T Pushups	Alternate Jump Lunge
Rest	Rest
High Knees	Plank w/reach
Rest	Rest
Broad Jump	Frog Jumps
Rest	Rest
Mountain Climbers	Cross Body Mountain Climber



Workout C (HIIT 3.0)

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	
Jumping Jacks-Precision Fitness	reps	
Rest		
T Pushups (push-up w/rotation)- Precision Fitness	reps	
Rest		
High Knees- Precision Fitness	reps	
Rest		
Broad Jump- Precision Fitness	reps	
Rest		
Mountain Climbers - Precision Fitness	reps	
Rest		
Jumping Jacks-Precision Fitness	reps	
Rest		
T Pushups (push-up w/rotation)- Precision Fitness	reps	
Rest		
High Knees- Precision Fitness	reps	
Rest		
Broad Jump- Precision Fitness	reps	
Rest		
Mountain Climbers - Precision Fitness	reps	
Rest		
Elevated Hip Pocket w/pushup-Precision Fitness	reps	
Rest		
Alternate Jump Lunge - Precision Fitness	reps x	lbs
Rest		
Precision Fitness- Plank with reach	reps x	lbs
Rest		
Frog Jumps- Precision Fitness	reps	
Rest		
Mountain Climbers - Precision Fitness	reps	
Rest		
Elevated Hip Pocket w/pushup-Precision Fitness	reps	
Rest		
Alternate Jump Lunge - Precision Fitness	reps x	lbs

Alternate Jump Lunge - Precision Fitness	reps x	lbs
Rest		
Precision Fitness- Plank with reach	reps x	lbs
Rest		
Frog Jumps- Precision Fitness		reps
Rest		
Mountain Climbers - Precision Fitness		reps

Workout D (Core & Balance)

Perform the exercises in Supersets/Circuits. Each exercise should be performed one after the other with minimal rest between exercises.

Perform each exercise for the requested amount of repetitions. Once the circuit is complete as directed, then complete circuit for the required number of supersets (3). Circuit A is 4 rounds, 3 Rounds for Circuit B.

Superset/Circuit A:

[Single Leg Bridge](#)

[Single leg Vectors](#)

[Single Leg Cone Taps](#)

[Side Planks with abduction](#)

Superset/Circuit B:

[Step up w/ Balance](#)

[Bear Crawls](#)

[Lateral Lunges](#)

[Plank w/Reach](#)

[YTW](#)



Workout D (Core & Balance)

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3		Set 4
Single Leg Bridge-Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs	
Single Leg Vectors - Precision Fitness	reps		reps		reps		
Side Plank w/Hip Abduction - Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs	
Single Leg Cone Taps - Precision Fitness	reps		reps		reps		
Rest							
Step up with Balance - Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs	
Bear Crawls- Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs	
Precision Fitness-Lateral Lunges	reps x	lbs	reps x	lbs	reps x	lbs	
Precision Fitness- Plank with reach	reps x	lbs	reps x	lbs	reps x	lbs	
Standing YTW - Precision Fitness	reps x	lbs	reps x	lbs	reps x	lbs	
Rest							



Contact us for questions or concerns:

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