**Home Exercising Weights Edition   
A picture containing outdoor, man, water, person

Description automatically generated**

**Workout #1**

**3 Rounds** **(Chest and Back) (1 min break in between or less) \***

* Flat Bench 1 Arm DB Press 12 Reps
  + Wide Grip Push Ups 12 Reps
    - Double Arm DB Rows (bent over) 12 Reps

**3 Rounds (Shoulders & Back) \***

* DB Upright Rows 10 Reps
  + Seated Military DB Press 10 Reps
    - 1 Arm DB Underhand Row (Palm facing up) 15Reps

**3 Rounds (Core)**

* Side Plank 30 Seconds per side
  + Butterfly Sit Ups/Ab Wheel 10 Reps

**Workout #2**

**Lower Body Focus**

**4 Sets (45 Second break in between)**

* Bulgarian Split Squats 10 Reps per side
  + Narrow Stance DB Front Squats (steady control on the way down and up) 8 Reps

**3 Sets (1 min break in between or less)**

* Wide Stance Bodyweight Sumo Squats 15 Reps
  + Db Stiff Leg Deadlifts 10 Reps
    - Stationary Lunges 10 Reps per leg (you do not have to alternate, optionable)

**3 Set Tri-Set (45 Second break in between)**

* Jumping Jacks! 30 Seconds
* Push up Position Shoulder Taps 30 Seconds
* Bicycle Kicks (pause for each rep) for 30 seconds

**Workout #3 (Take out an exercise if necessary to drop level of difficulty)**

**Full Body Activity**

**15 Min AMRAP**

* 1 Min Jump Rope
* Air Squats 15 Reps
* Push Ups 10-15 Reps (use a different hand position after each round!)
* Bodyweight Dips (feet elevated if possible) 15 Reps
* Seated Banded Rows 20 Reps or Bent Over DB Rows or Pull Ups 5-10 Reps

***Take 3-5 Minute break after completed above if necessary***

**15 Min AMRAP**

* Weighted Box Squats(use a chair while holding a moderate amount of weight 15 reps
* 5:1 Push ups and Jumping Jacks (1 push = 5 Jumping Jacks, 2 Push Ups = 10 Jumping Jacks ups…. up to 4 Push Ups)
* Standing DB Military Presses 1 Arm at a time 10 Reps (alternate)
* Banded or DB Bicep Curls 10-20 Reps

**Workout #4**

**Leg/Core Focus II**

**10 Min AMRAP**

* Squat into overhead press 12 (using barbell or dumb)
  + DB Stiff Leg Deadlifts 12 Reps
    - Stationary Lunges 15 Reps per side (bodyweight, use weight if necessary)

**3 Rounds**

* Lateral Lunges 8 reps per side
  + Wide/Sumo Stance BW Squats15 reps
    - Lying Leg Lifts 15 Reps

**3 Rounds of Core**

* Ab Wheel 10 Reps
  + Bicycle Kicks 30 Seconds