

Four week  
**AT-HOME**  
workout program



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# 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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