

At Home Workouts from our Trainers: Dylan Carson

Please choose to do exercises at your own risk.
Consult with a physician prior to engaging in exercise.

Workout 1	Workout 2
1. 5x Failure Push Ups	1. 5x Failure Push Ups
2. 5x 15 Body Squats	2. 5x Failure Pull Ups
3. 5x 10 Diamond Push Ups	3. 5x 10 Bodyweight Pistol Squats
4. 5x 12 Side Lunges Each Leg	4. 5x 10 Dips
5. 5x Failure Chair/Couch Dips	5. 5x 20 Quick Squats
6. 5x 8 Single Leg RDL	6. 5x 10 Leg Raises
7. 5x 1 Minute Plank	
8. 5x 20 Russian Twist	
Workout 3	Workout 4
1. 30 Seconds Work	1. 5x Failure Pushups
2. 30 Seconds Rest	2. 5x 10 Couch Dips
3. 4 Laps - 1 Minute Rest	3. 5x 15 Body Squats
4. Burpees	4. 5x Failure Close Grip Push Ups
5. Lunge Jumps	5. 5x 10 Lunges Each Leg
6. Push Ups	6. 5x Failure Wide Grip Push Ups
7. Plank	7. 5x 10 Crunches
8. Isometric Pull	8. 3x 1 Minute Plank
9. Wall Sits	
10. Mountain Climbers	