

# At Home Workouts from our Trainers: Kelcie Doran

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

Week 1:				
Workout 1:	Workout 2:	Workout 3:	Workout 4:	Workout 5:
60 seconds of work, 30 seconds of rest 3 rounds through the list minimum	3 sets of 12-15 reps Perform each circuit separately	Circuit A: 3x 15 reps each side Circuit B+C: 3x 8-10 reps each side	30 work / 30 rest 2 sets / 2 rounds	Deck of Cards core/cardio day! Shuffle and Draw until the deck is done!
1. Plank side to side hops 2. Crunch > Squat Jump 3. Single Leg Hops 4. Reverse Lunges 5. Pushups 6. Squats 7. Step-Ups 8. Stationary Shuffle	<b>Circuit A</b> 1. Pushups 2. Tricep Dips 3. Overhead Shuffle Press <b>Circuit B</b> 1. Pushups 2. Chest Fly 3. Tricep Kickback <b>Circuit C</b> 1. Pushups (with your FEET on an elevated surface) 2. Lateral Raise 3. Overhead Tricep Extension	<b>Circuit A</b> 1. Glute Kickbacks 2. Fire Hydrants 3. Glute Raises <b>Circuit B</b> 1. Squats 2. Deadlifts 3. Step-Ups <b>Circuit C</b> 1. Reverse Lunge 2. Side Lunge to Curtsy Lunge 3. Split Squat	1. Swimmers 2. Tricep Pushups 3. Squat Jumps 4. Lunge Jumps 5. Crunches 6. Bear Crawls 7. Burpees 8. Inchworms	Spades: Crunches Hearts: Leg Lifts Clubs: Reclined Twists Diamonds: In and Outs Jacks: 20 Jumping Jacks Queens: 20 Plank Jacks Kings: 20 Jump Squats Aces: 20 Mountain Climbers  Face Cards=20 Reps Each No Deck of Cards? Perform 4 Sets of 20 Reps of Each # on card = # of reps
Week 2:				
Workout 6:	Workout 7:	Workout 8:	Workout 9:	Workout 10
Focused flexibility day! Dynamic warmup first, please (2 sets, hold 30 seconds)	30 work, 10 rest, 1 set Minimum 2 rounds	Full body strength! 35 work/ 25 rest/ 1 set/ 3 rounds	Get your heart pumping! Tabata Style 20 work/ 10 rest/ 4 sets/ 2 rounds	Body part specific circuits for strength! 35 work/ 20 rest/ 3 laps for each
<b>Upper Body:</b> 1. Neck Rolls 2. Shoulder Rolls 3. Arm Cricles 4. Bicep Extension 5. Overhead Tricep 6. Doorway chest stretch 7. Across Body Shoulder Stretch <b>Core:</b> 1. Cat/Cow 2. Lateral Flexion 3. Lying Passive Rotation 4. Cobra 5. Childs Pose <b>Lower Body:</b> 1. Kneeling Hip Flexor 2. Seated 4 Piriformis Stretch 3. Side Lunge Inner Thigh 4. Standing Quad 5. Forward Fold (Hamstring) - Slight Bend In Knee 6. Standing Calf Stretch	1. Squat Jump 2. Skaters 3. Burpee 4. Rotational Plank 5. Reverse Burpee 6. Jumping Jacks 7. Sprawls 8. Opposite Shoulder Touches 9. Standing Cross-Body Crunch (standing, opposite knee to elbow, alternate) 10. Lunge Jumps 11. Squat Pulse 12. Wide Mountain Climbers 13. Shoot Throughs (Corkscrews) 14. Tuck Jumps 15. Butt Kicks	<b>Circuit A</b> 1. Pushups 2. Rows (dumbbells or duffle/shopping bag) 3. Squats 4. Crunches <b>Circuit B</b> 1. Dips 2. Wall Angels (Lat pulldowns if you have a band) 3. Side Lunges 4. Russian Twists <b>Circuit C</b> 1. Bicep Curls (Dumbbells or soup cans/milk jugs) 2. Tricep Extensions (Dumbbells or soup cans/milk jugs) 3. Glute Raises 4. Side Plank Hip Lifts	1. High Knees 2. Burpee 3. Mountain Climbers 4. Plyo Lunges 5. Lateral Tuck Jumps 6. Sprawls 7. Rotational Plank with Pushup 8. Jump Squat 9. Bicycle Ab Crunch 10. Pushup Jack 11. Skaters 12. Inchworm	<b>Lower Body Circuit</b> 1. Glute Raises (Loaded) 2. Sumo Squats 3. Reverse Lunges 4. Deadlifts <b>Upper Body Circuit</b> 1. Pushups 2. Rows or Pull-ups (if you have a bar) 3. Dips 4. Overhead Press <b>Core Circuit</b> 1. Leg Lifts 2. Crunches 3. Swimmers 4. Bicycles
Week 3:				
Workout 11:	Workout 12:	Workout 13:	Workout 14:	Workout 15:
Cardio and a little bit of core 30 work/ 10 rest/ 3 sets/ 2 rounds	Superset Day! 45 work/ 15 rest Do each a-b set 2x/ 1-2 rounds	Body part splits! LEGS 35 work/ 25 rest Options: 3 sets and 1 round 2 sets and 2 rounds, 1 set and 3 rounds	HappyCore Day! 40 work/ 15 rest/ 1 set/ 3 rounds	Pyramid week for strength Only 4 exercises but you are climbing up and down the pyramid
1. Wide Mountain Climber 2. Tuck Jumps 3. Burpee 4. Lunge Jumps 5. In and Outs (Abs) 6. Double Mountain Climber (both feet in and out) 7. Plank Ups 8. Squat Jumps 9. Shoot Throughs 10. Russian Twists	a. Pushups b. Rows or Pullups a. Squats b. Deadlifts a. Bicep Curls b. Tricep Extensions a. Glute Raise b. Calf raise a. Overhead Press b. Wall Angel a. Lunges b. Step Ups a. Chest Fly b. Lateral Raise a. Fire Hydrants b. Glute Kickbacks	<b>Compound Circuit</b> 1. Sumo Squats 2. Curtsy Lunges 3. Bulgarian Split Squat 4. Deadlift 5. Side Step-Ups <b>Isolation Circuit</b> 1. Glute Raises 2. Knee Extensions 3. Knee Flexion 4. Side-Lying Hip ABDUCTION 5. Side-Lying Hip ADDUCTION	<b>Stabilization Circuit</b> 1. Plank 2. Side Plank 3. Reverse Plank 4. Glute Bridge (Hold) 5. Bird Dog <b>Dynamic Circuit</b> 1. Crunch 2. Twist 3. Leg Lift 4. Bicycle 5. Swimmers	1. Pushups 2. Pullups 3. Bicep Curls 4. Tricep Extensions  Reps per set: 1,2,3,4,5,6,7,8,9,10,9,8,7,6,5,4,3,2,1 Exercises - Superset if you'd like!  If you are using resistance, use less weight with more reps, and more weight with fewer reps.



SCAN HERE TO SEE HOW TO PERFORM  
SOME OF THE WORKOUTS