

# The Chill, Luke's and the DAWGS IN HOME QUARA- LEAN WORKOUTS!

We suggest for these workouts that you go to the grocery store when it's not crazy and buy a 4L jug of water. This can act as your dumbbell for all of these workouts! If you have a dog, an unopened bag of food will work good as-well.

FILL YOUR SUITCASE UP AND USE THAT AS A WEIGHT

NOTE – all workouts will take less than 20 minutes

Choose a body workout/ an ab workout / energy system workout

Do 1 a day- if you have time do 2 – and if you want an hour workout do all 3!!

## ***Workout Format A- 20 minutes***

One workout of your choice

## ***Workout Format B- 40 minutes***

Body workout or Ab workout

Ab Workout or Energy system workout

## ***Workout Format C- 60 minutes***

Body workout

Ab Workout

Energy system workout

# Ab workout of the day!



A1 – 20 Reps Alternating Banded Deadbug (knees at 90 degrees or straight legs) (Resistance band at hands)

A2 – 20 Reps Reverse Crunch

A3 – 40 seconds each side Palof Hold (Resistance Band Needed) / Have Partner Pull on Hands

A4 – 20 Reps Windshield Wipers (10 Each Side)

A5 – 10 second x 5 Palof Plank (10 second rest in-between) (Plank but squeeze everything! Pull Elbows to toes)

15 seconds between exercises | 2 minutes rest after completing circuit | Repeat 4 times

# Workout of the day!



A1 - 1 1/4 Squats - 4 Sets 8 Reps - 15s Rest

Notes: Squat Sequence - all the way down - up 1/4 - back down - all the way up.

A2 - Single Leg RDL - 4 Sets 8 Reps Each Leg- 15s Rest

A3- I leg Hip thrusts with pause at top- 4 sets f 8 each leg- gold and squeeze butt at top for 8 seconds

Notes: For weight on this use the jug of water and grab on to the handle. This will work perfect.  
OR A SUITCASE FULL OF STUFF

# *Energy system Fat Loss workout of the day*

## **MOUNTAIN CLIMBERS!**



Day	Interval	Rest Period	Total sets
5	14sec	56sec	14

1 full out rep for 12 seconds then rest for 48 sec- repeat 16 times