

# 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.

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

# Body workout

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.



a1 - Iso Squat (Pause at bottom - 3 Seconds) - 1 Sets - 8 Reps - Rest 15s

Notes: Find some sort of weight. Something in the 20-30 pound range will work great. A small rock from the backyard will work great or a maybe a 4 L jug of water.

a2 - Iso Bulgarian Split Squat (Rear Foot Elevated - Pause at bottom - 3 seconds) - 1 Sets 8 Reps Rest 15s

Notes: Use a chair or seat on couch to elevate foot.

a3 - Lateral Walk (Bum Down as Low as Possible - Flip halfway) - 1 Sets - 1 Rep - Rest 1Min (after a 1 minute rest perform 4-5 more sets of each exercise)

Notes: Find a hallway in your house 10 yards long and go down and back. Face the same way.

## *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

# Energy system fat loss workout

NOTE- My favorite formats of getting ripped! (in this order) YOU MUST GO FULL SPEED- no half ass crap

1. Sprint
2. Rower
3. Burpees
4. Stair climbing
5. Cycling



	Workout	Interval	Active rest	Sets
1		0:10	90	Amap in 20 minutes

