

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

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Workout of the day! (Functional)



Notes: Rest for 15 seconds after each movement then rest for 2 mins after each round. Perform this 3 times.

a1 - Jump Squat - 20 Seconds

a2 - Squat hold - 20 Seconds

a3 - Plank - 20 Seconds

a4 - Alternate Lunge - 20 Seconds

Ab workout of the day!



A1 – 15 Reps Each Oblique Side Crunch

A2 – 30 Reps Crunch

A3 – 30 second Hollow Hold

A4 – 30 Double Leg Lift

A5 – 30 Bicycle Crunches

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	30 yards- or 10 sec on spot	90	Amap in 20 minutes