

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

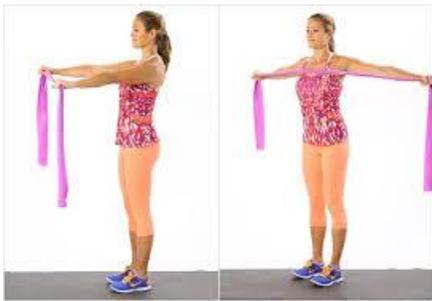
Ab Workout

Energy system workout

Body workout

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Workout of the day!



A1 - Push Up - 4 Sets 5 Reps - 505 Tempo - 15s Rest

Notes: This is going to be tough, but I want you to go 5 seconds up and 5 seconds down. If you start getting tired on the 4 or 5 rep please go onto your knees.

A2 - Single Arm Row - 4 Sets 8 Reps - Tempo 301 - 15s Rest

Notes: Please use a band to perform this, the more you stretch the band the more resistance you are going to give yourself, don't go to far tho, it may snap.... be there done that.

A3 - Band Pull Aparts - 4 Sets 12 Reps - Tempo 301 - 1Min Rest

Notes: Stand with your feet shoulder width apart, pull the band apart in a "fly" motion keeping a slight bend in your elbows!

Ab workout of the day!



A1 – 26 Reps Alternating Banded Deadbug (knees at 90 degrees or straight legs) (Resistance band at hands)

A2 – 20 Reps Reverse Crunch

A3 – 30 Reps Lateral V-Ups (15 Each Side)

A4 – 30 Reps Crunchy Frogs

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



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	50 yards	Walk back	Amap in 20 minutes

Daily Recipes -
www.sst.training

Breakfast will be posted at 7
am

Lunch at 1145

Dinner at 4pm