

# The Chill, Luke's and the Dawgs IN HOME QUARANTINE 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

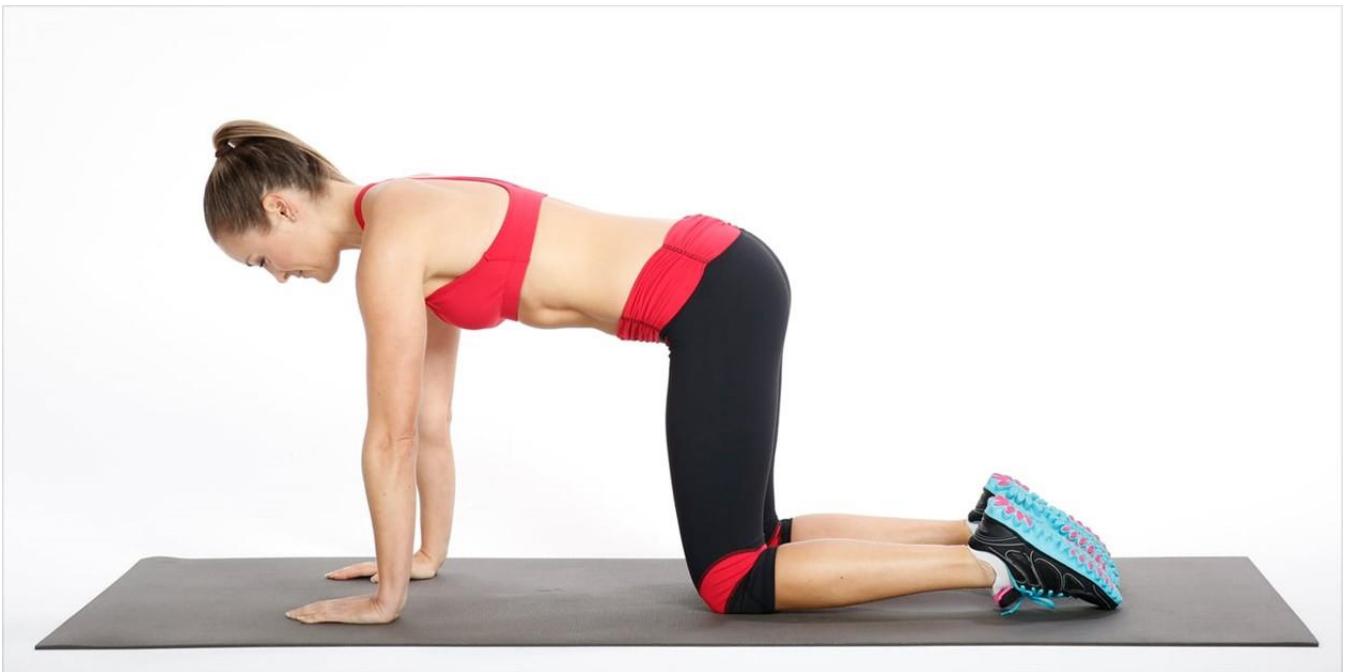
## ***Workout Format C- 60 minutes***

Body workout

Ab Workout

Energy system workout

*Ab workout of the day!*



A1 – 30 Reps Butterfly Sit-ups

A2 – 20 Reps Fifer Scissors

A3 – 20 Reps Plank Alternating Leg Lift (From Elbows)

A4 – 20 Reps Pulse Ups

A5 – 20 Reps Alternating Bird Dog

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

## Workout of the day!



A1 - Banded Squat and Press - 4 Sets 12 Reps - Temp 201 - 15s Rest

Notes: Put the band under you feet, then around you hand and perform squat and press just like you would if you had dumbbells!

A2 - Banded Lateral Walk - 4 Sets 20 Reps (1 Rep = 1 step) - Tempo xxx - 15s Rest

Notes: Place the band about 2 inches up from your knee. 1/4 squat down then step and slide keeping a wide base fro 20 reps going each way, left and right. Get ready for the flute burn!

A3 - Jump Squat - 4 Sets 12 Reps - Tempo FAST - 1min

Notes: HEIGHT AND SPEED!!!! Jump as high and as fast as you can

## *Energy system Fat Loss workout of the day*

25 burpees – rest 30 seconds

25 Mountain climbers- rest 30 seconds

Run on the spot for 30 seconds- rest 30 seconds

REPEAT THIS TRIO 5 times!

SWEAT!!!!

Enjoy the day and be safe!

## *Recipes of the day!*

At 7 am / 11 am and 5 pm please check our website [www.sst.training](http://www.sst.training) daily for new recipes!

Or follow us on twitter and Instagram to get these posts directly to your phone!