

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 – 30 Reps Alternating Wide Eagle Sit Ups

A2 – 20 Reps V-Ups

A3 – 20 Reps Pillow Pass (Pass Pillow From Hands to Feet ***Like you would with a swiss ball***)

A4 – 20 Reps Pulse Ups

A5 – 20 Reps Double Leg Lift

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

Workout of the day!



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

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

A2 - Bent Over Single Arm Dumbbell Row - 4 Sets - 12 Reps Each Arm - 15s Rest

Notes: Kneeling on the edge of a couch will work perfectly. Make sure you pull the water jug or suitcase all the way up and pause it for a heart beat at the top.

A3 - Plank w Shoulder Tap - 4 Sets - 10 Reps Each Arm- 1 Min Rest

Notes: Plank - take one arm off the ground and place it on the opposite shoulder. Pause for 1 seconds each time. Keep your body as level as possible during this process.

*Energy system Fat Loss
workout of the day*

**3 exercises that will make you
sweat!**

Burpees

Running on the spot

Climbing your stairs

Day	Interval	Rest after all 3	Sets
7	10 seconds of each	60 sec	Repeat this 12 times