

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!

(Functional)



A1 - Yoga Push Up - 4 Sets - 8 Reps - 15s Rest

Notes: Do a regular push up - once you are at the top of your push up drive your bum back and up your you can get your heels on the ground - come back down and perform this 8 times.

A2 - Front To Side Raise - 4 Sets - 12 Reps - 15s Rest

Notes: Heavy cans or soup or chili will do the trick here. Sit on a chair, raise your arms up to 90 degrees keeping them straight, pause for 1 second. Now move them to your side, pause for 1 second then go down. Repeat 12 times.

A3 - Lateral Plank Walk - 4 Sets - 10 Reps Each Way - 1Min Rest

Notes: Back Flat with a slight bend in the elbow - reach the same and foot out laterally then gather yourself. Perform this 10 times each way.

*Energy system Fat Loss
workout of the day*

**SPRINT DAY! Get outside and
SPRINT**

Sprint Distance

Rest

	30 yards	75 seconds	10sets
--	----------	------------	--------