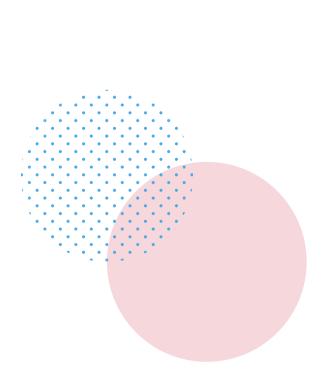
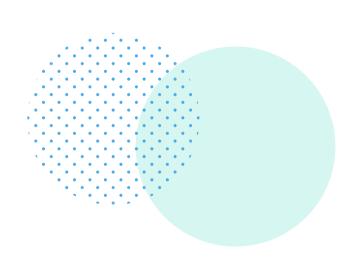
AT HOME WORKOUT PROGRAM

by MissFitAndNerdy





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Demos

Video demonstrations for all exercises and the complete workouts can be found in

THIS VIDEO

Do each workout once per week or cycle through them, doing a workout every other day.

Try to have one day of rest between each workout.

On rest days, do mobility, yoga, hiking, etc

Frequency

Rest

Rest 45-90 seconds between sets and between exercises.

These are not circuit workouts. Complete all sets of each exercise before moving on to the next one.

This program requires only a set of resistance bands. You can purchase a complete set <u>here</u>.

Equipment

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Bulgarian Split Squat3 x 8-15Single Leg Hip Thrust3 x 8-15Banded Good Morning3 x 8-15Front Plate Raise3 x 10-15Banded Chest Fly3 x 10-15Banded Lat Pulldown3 x 8-12Standing Banded Kickback3 x 8-12Slow Russian Twist3 x 15-20

Workout 1

Workout 2

Pistol Squats 3 x 6-12 Regression: Skater Squats Regression: Single Leg Box Squats Walking Lunges 3 x 8-12 Single Leg Hamstring Press 3 x 8-15 Banded Arnold Press 3 x 8-12 Push up 3 x 8-12 Single Arm Banded Row 3 x 8-15 Frog Pumps 3 x 15-20 3 x 10-20 Lying Leg Raises

Goblet Sumo Squat 3 x 8-15
Overhead Reverse Lunges 3 x 8-12
Banded Overhead Press 3 x 8-12
Incline Push Up 3 x 8-12
Bent Over Row 3 x 8-12
Standing Abductions 3 x 8-15
Reverse Crunches 3 x 8-20

Workout 3