WATERING WELLNESS

"AT HOME" WORKOUTS

TAKING CHARGE OF YOUR FITNESS AND HEALTH
ALL FROM THE COMFORT OF YOUR HOME!

WEEK 1:

WORKOUT #1:

Warm-Up: 10 Min on machine, running, stretching, etc.

Conditioning: In 30:00 complete as many rounds as possible of the following:
25 Sit-ups
20 Air Squats
15 DB Bench Press or Push-ups
200m Run (Or 1:00 run)
*If you have a rowing machine you can row instead of run.

Cool-Down: 10 Min on machine, running, stretching, etc.

WORKOUT #2:

Warm-Up: 10 Min on machine, running, stretching, etc

Conditioning: For Time:
800m (4:30) Run
35 Kettle Bell Swings (if no KBs, then do squat jumps)
600m (3:00) Run
35 Jumping Lunges
400m (2:15) Run
35 KBS
200m (1:00) Run
35 KBS Jumping Lunges

Cool-Down: 10 Min on machine, running, stretching, etc

WORKOUT #3:

Warm-Up: 10 Min on machine, running, stretching, etc.

Conditioning:
4 Rounds:
50 Double Unders (100 Regular Jump Rope)
50 Sit-ups
30 Burpees
25 Lunges
20 Push-ups

Cool-Down: 10 Min on machine, running, stretching, etc.

WORKOUT #4:

Warm-Up: 10 Min on machine, running, stretching, etc.

Conditioning: "Barbara" 5 Rounds:
20 Pull-ups (Chair dips if no pull-up bar)
30 Push-ups
40 Sit-Ups
50 Air Squats
*3 Minute rest between each round.

Cool-Down: 10 Min on machine, running, stretching, etc.

WORKOUT #5:

Warm-Up: 10 Min on machine, running, stretching, etc

Conditioning: In 30:00 complete as many rounds as possible of the following:
200m (1:00) Run
20 Push-ups
200m (1:00) Run
20 Air-Squats
200m (1:00) Run
20 Burpees

Cool-Down: 10 Min on machine, running, stretching, etc

WEEK 2:

WORKOUT #1:

Warm-Up: 10 Min on machine, running, stretching, etc.

Conditioning: 24 Minute EMOM (Every minute on the minute):
Minute 1: 150m Run (or 12/15 cal on machine)
Minute 2: 20 Lunges (10 each side)
Minute 3: 15 V-Ups or Crunches
Minute 4: 10 Burpees

Cool-Down: 10 Min on machine, running, stretching, etc.

WORKOUT #2:

Warm-Up: 10 Min on machine, running, stretching, etc.

Conditioning: 3 Rounds:
25 Burpees
30 Air squats
30 Russian Twists With Weight
25 Switch Jump Lunges

Cool-Down: 10 Min on machine, running, stretching, etc.

WORKOUT #3:

Warm-Up: 10 Min on machine, running, stretching, etc.

Conditioning: 5 Rounds of:
25 Air Squat
20 Sit Ups
15 Hand Release Push-ups
200m (1:00) Run

Cool-Down: 10 Min on machine, running, stretching, etc.

WORKOUT #4:

Warm-Up: 10 Min on machine, running, stretching, etc.

Conditioning: Every 4 Minutes for 4 Rounds (Rest 2 minutes between each round):
1:00 Goblet squats (Find item and hold in the front rack position and squat- can be dumbbell or milk jug.)
1:00 Jump Rope (or jump over goblet squat item. You can also find a line in the floor and laterally jump over it.)
1:00 Mountain Climbers
1:00 Burpees (I know, LOTS of burpees! But you are going to be great at them!!)

Cool-Down: 10 Min on machine, running, stretching, etc.

WORKOUT #5:

Warm-Up: 10 Min on machine, running, stretching, etc.

Conditioning: 15 Minutes to climb the ladder as far as possible:
3 Chair Dips
3 V-up (or Crunches)
3 Squat Jumps
*go up by 3's so the next round will be 6 reps of each movement.

Cool-Down: 10 Min on machine, running, stretching, etc.

WEEK 3:

WORKOUT #1:

Warm-Up: 10 Min on machine, running, stretching, etc.

Conditioning: 20 Min EMOM (Every minute on the minute):
Odd Minutes: 10 Burpees
Even Minutes: 16 Lunge Jump Squats (8 each leg)

Cool-Down: 10 Min on machine, running, stretching, etc.

WORKOUT #2:

Warm-Up: 10 Min on machine, running, stretching, etc

Conditioning: 4 Rounds:
400m (2:15) Run
50 Air Squats

Cool-Down: 10 Min on machine, running, stretching, etc

WORKOUT #3:

Warm-Up: 10 Min on machine, running, stretching, etc.

Conditioning: In 20:00 complete as many rounds as possible of the following:
12 Burpees
12 Dumbbell Deadlifts (if no dumbbells, find an object and
do deadlifts with that! Jugs of milk will do!)
12 DB push press (if no dumbbells, do chair dips- put your
hands on a desk or chair and prop your feet up)
12 Walking lunges

Cool-Down: 10 Min on machine, running, stretching, etc.

WORKOUT #4:

Warm-Up: 10 Min on machine, running, stretching, etc.

Conditioning: 20 Min EMOM:
1. :45 sec Plank
2. 200m Run (:45 sec run)
3. :45 sec Wall Sit
4. 15 Lying Leg Lifts
5. 200m Run (:45 sec run)
*If you have other cardio machines you can substitute.

Cool-Down: 10 Min on machine, running, stretching, etc.

WORKOUT #5:

Warm-Up: 10 Min on machine, running, stretching, etc

Conditioning: 25 Minutes to complete as many rounds as possible of:
400m Run/Row
30 Squat Jumps
30 Sit-ups

Cool-Down: 10 Min on machine, running, stretching, etc

WEEK 4:

WORKOUT #1:

Warm-Up: 10 Min on machine, running, stretching, etc.

Conditioning: 3 Rounds:
800m (4:00) Run (Can row or do 1600m Bike)
30 Burpees
30 goblet squats or air squats

Cool-Down: 10 Min on machine, running, stretching, etc.

WORKOUT #2:

Warm-Up: 10 Min on machine, running, stretching, etc

Conditioning: Just RUN! (or machine of choice)
Run/Walk for 30 Minutes (enjoy the outdoors and fresh air.
PUSH yourself!!)

Cool-Down: 10 Min on machine, running, stretching, etc

WORKOUT #3:

Warm-Up: 10 Min on machine, running, stretching, etc.

Conditioning: 10 Rounds:
10 Pushups
10 Air squats
10 Burpees
10 Sit-ups

Cool-Down: 10 Min on machine, running, stretching, etc.

WORKOUT #4:

Warm-Up: 10 Min on machine, running, stretching, etc.

Conditioning: For Time:
21 Burpees
21 DB Thrusters (find item and do thruster with it!)
21 KB Swings (find item and do high pulls with it)
400m (2:00) Run
Rest 2:00
15 Burpees
15 DB Thrusters
15 KB Swings
400m (2:00) Run
Rest 2:00
9 Burpees
9 DB Thrusters
9 KB Swings
400m (2:00) Run
Cool-Down: 10 Min on machine, running, stretching, etc.

WORKOUT #5:

Warm-Up: 10 Min on machine, running, stretching, etc

Conditioning: 5 Rounds:
60 Double-Unders (120 Regular Jump rope)
50 air squats
40 Sit-Ups
30 jump lunges
20 Push-ups
10 pistols (scale goblet squat holding a weighted object)

Cool-Down: 10 Min on machine, running, stretching, etc