

Workout 1

Needs: Dumbbells/Bands/Kettlebells, or a Barbell

Warmup: 2x Through

Spiderman Stretch

30 seconds

<https://www.youtube.com/watch?v=ip8sBn9D7h8>

Body Weight Squats

30 seconds

https://www.youtube.com/watch?v=C_VtOYc6j5c

Body Weight Good Mornings

30 seconds

https://www.youtube.com/watch?v=Ejl536e_leY

Seal Stretch

30 seconds

<https://www.youtube.com/watch?v=X3gl05YaJzE>

Workout: Chest/Triceps

Bodyweight Push-ups

45 seconds

<https://www.youtube.com/watch?v=k5tQ-FLjwj8>

Dumbbell Floor Press

45 seconds

<https://www.youtube.com/watch?v=uUGDRwge4F8>

Wall Push-ups, Substitute.

Dumbbell RollBacks

45 seconds

https://www.youtube.com/watch?v=w_mrVg8JH_g

Plank to Push-up Position for Substitute

Front Raises

Use Any Weight

45 seconds

<https://www.youtube.com/watch?v=B8vi6gFPoNE>

Arm Circles Forward/Backward for Substitute

Overhead Tricep Extension

Use Any Weight

45 seconds

https://www.youtube.com/watch?v=R2SU46NsN_o

Pike Push Ups for Substitute

Rest Period

90 seconds

Complete 4-5 Total Rounds

Workout 2

Needs: Dumbbells/Bands/Kettlebells, or a Barbell & Bath Towel

Warmup: 2x Through

Leg Reach Through: Standing

Standing Tall w/ a Sumo Stance, reach behind the legs.

30 seconds

<https://www.youtube.com/watch?v=f00IYGsQzhg>

Standing Oblique Twists

Put hands behind the head and twist the torso side to side.

30 seconds

<https://www.youtube.com/watch?v=l5YbtdqK6g0>

Cat / Cow

30 seconds

<https://www.youtube.com/watch?v=KpNznspZZEY>

Downward Dog

30 seconds

<https://www.youtube.com/watch?v=o6aPDLFYBZE>

Workout: Back/Biceps

Bent Over Dual Row

45 seconds

https://www.youtube.com/watch?v=VP_f9V854og

Band Rows for Substitute

Hammer Tate Curls

45 seconds

https://www.youtube.com/watch?v=l76_X1l1jiM

Towel Bicep Isolation for Substitute

Dumbbell Floor Pullovers

45 seconds

<https://www.youtube.com/watch?v=yDtlgObdKsU>

Hand Walkouts for Substitute

Bent Over Reverse Fly

Use Any Weight

45 seconds

<https://www.youtube.com/watch?v=evXOlGLTPCw>

Arm Circles Forward/Backward for Substitute

Superman's

45 seconds

<https://www.youtube.com/watch?v=N4kaczdgQlo>

Lying Hip Bridges for Substitute

Rest Period

90 seconds

Complete 4-5 Total Rounds

Workout 3

Needs: Dumbbells/Bands/Kettlebells, or a Barbell

Warmup: 2x Through

Dumbbell Windmills

30 seconds

<https://www.youtube.com/watch?v=0gMRrtTN5OE>

Dumbbell Side Bends

30 seconds

<https://www.youtube.com/watch?v=ARAWImlgPbg>

Saigon Stretch

<https://www.youtube.com/watch?v=WHPo69tDeQE>

30 seconds

Butterfly Stretch

30 seconds

<https://www.youtube.com/watch?v=4J7kbCmPScQ>

Workout: Legs/Core

Reverse Lunge w/ Reach

No Weight

45 seconds

<https://www.youtube.com/watch?v=JnhIDZSGWII>

Dumbbell Split RDL (or any Variations)

45 seconds

Swings or Hip Bridge for Substitute

<https://www.youtube.com/watch?v=HkOnuhgQstc>

Goblet Squats

45 seconds

<https://www.youtube.com/watch?v=G1Dm7Rke-y8>

Air Squats for Substitute

Mountain Climbers

45 seconds

https://www.youtube.com/watch?v=7_9kMICnaSw

Arm Circles Forward/Backward for Substitute

Air Jump Rope

45 seconds

<https://www.youtube.com/watch?v=byJgSF7cXd4>

Calf Raises for Substitute

Rest Period

90 seconds

Complete 4-5 Total Rounds

Workout 4

Needs: Dumbbells/Bands/Kettlebells, or a Barbell

Warmup: 2x Through

World's Greatest Stretch

30 seconds

<https://www.youtube.com/watch?v=-CiWQ2IvY34>

Shoulder Pass Throughs

30 seconds

https://www.youtube.com/watch?v=l5l_E0_My5s

Glute Bridges

30 seconds

<https://www.youtube.com/watch?v=jaBQpGChIDc>

Knee Hugs

30 seconds

<https://www.youtube.com/watch?v=-j8bzDjr7Os>

Workout: Arms

Forehead Curls

45 seconds

<https://www.youtube.com/watch?v=ydyV4tV4v40>

Alternating Bicep Curls

45 seconds

<https://www.youtube.com/watch?v=6o5df5xgJml>

Shoulder Taps

45 seconds

<https://www.youtube.com/watch?v=JECjW0TIBA0>

Overhead Tricep Extensions

Use Any Weight

45 seconds

https://www.youtube.com/watch?v=R2SU46NsN_o

Hand Walkouts

45 seconds

<https://www.youtube.com/watch?v=WXMb3e1xzK8>

Rest Period

90 seconds

Complete 4-5 Total Rounds

Workout 5

Dumbbells/Bands/Kettlebells, or a Barbell & Bath Towel

Warmup: 2x Through

Spiderman Stretch

30 seconds

<https://www.youtube.com/watch?v=ip8sBn9D7h8>

Body Weight Squats

30 seconds

https://www.youtube.com/watch?v=C_VtOYc6j5c

Body Weight Good Mornings

30 seconds

https://www.youtube.com/watch?v=Ejl536e_leY

Seal Stretch

30 seconds

<https://www.youtube.com/watch?v=X3gl05YaJzE>

Workout: Shoulders/Core

Overhead Press

45 seconds

<https://www.youtube.com/watch?v=cbQQLbACRbQ>

Push-ups for Substitute

Shrugs

45 seconds

<https://www.youtube.com/watch?v=LZFYne0kKfU>

Wall Slides for Substitute

Arnold Press

45 seconds

<https://www.youtube.com/watch?v=X60-yTMOJfw>

Hand Walkouts for Substitute

Lateral Raises

Use Any Weight

45 seconds

<https://www.youtube.com/watch?v=i6bIXRPMqvk>

Arm Circles Forward/Backward for Substitute

Band Pull A Parts

45 seconds

<https://www.youtube.com/watch?v=Qi9Rwk526Qs>

Bent Over Reverse Flys for Substitute

Rest Period

90 seconds

Complete 4-5 Total Rounds