

Stay in Shape and Train at Home
March 24, 3030

DAY 1 TRAINING

CORE

-CRUNCHES x50
-V-UPS x15
-LEGS AT 6-INCH HOLD
x30 sec.
-RUSSIAN TWIST x 30
sec.
-FRONT PLANK x60 sec.
-SIDE PLANK x30 sec.
each side

1A PUSH-UP (modified if
needed) 5x10
1B BENCH DIPS
(couch/chair) 5x10

2A BODY SQUATS
(parallel) 5x10
2B REVERSE LUNGE
5x8 ea

Cool Down

30-45 Min. OUTDOOR
WALK (PRACTICE
SOCIAL DISTANCING)

DAY 2 TRAINING

CORE

-CRUNCHES x50
-TOE TOUCHES x20
-LEGS AT 45 DEGREES
HOLD x30 sec.
-RUSSIAN TWIST x 30
sec.
-FRONT PLANK x60 sec.
-SIDE PLANK x30 sec.
each side

1A JUMP SQUATS
(height) 5x6
1B SIDE LUNGE 5x8 ea.

2A DECLINE PUSH-UPS
(feet elevated on couch or
chair) 5x10
2B DIAMOND PUSH-
UPS 5x10

Cool Down

30-45 Min. OUTDOOR
WALK (PRACTICE
SOCIAL DISTANCING)

DAY 3 TRAINING

CORE

-SIT -UPS x35
-ALTERNATING TOE
TOUCH x25
-LEGS AT 6-INCH HOLD
x30 sec.
-FRONT PLANK x60 sec.
-SIDE PLANK x30 sec.
each side

1A INCLINE PUSH-UP
(hands elevated on couch
or chair) 5x10
1B BENCH DIPS
(couch/chair) 5x10

2A TEMPO BODY
SQUATS (4 sec. down, 1
sec. up) 5x10
2B FORWARD LUNGE
5x8 ea

Cool Down

30-45 Min. OUTDOOR
WALK (PRACTICE
SOCIAL DISTANCING)