

Full Body Home Workout Routine (all levels)

Standard Self Massage and Stretching for total body:

Foam Roll: (1 to 2 minutes per area)

Foam Roll Quads



Foam Roll Hip Flexors



Foam Roll Calves



Foam Roll Back



Stretch: (30 seconds per area/side)

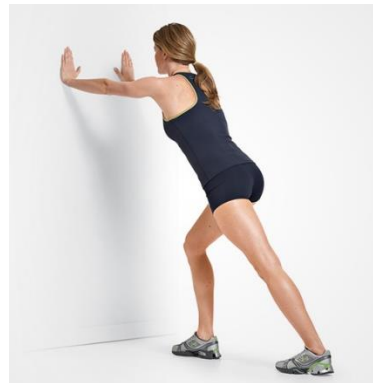
Stretch Hamstrings



Stretch Inner Thigh



Stretch Calves

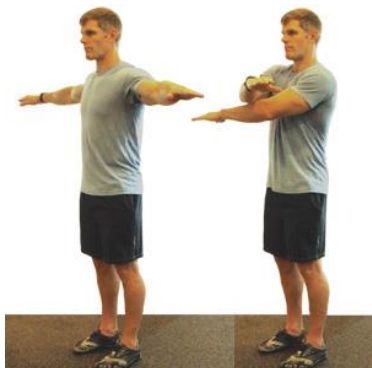


Stretch Triceps/Lat



Dynamic Warm Ups: (15 to 20x)

Chest Openers (15 – 20x)



Trunk Rotations (12 to 16 total)



Pull Patterns – (mid back, biceps, postural muscles) - (choose 1 to 2)

PULLOVERS:

Level 1

Floor Pullovers using DB (or any weighted object)

(2 to 3 sets / 10 to 20 reps)



Level 2

Ball Pullovers using DB (or any weighted object)

(2 to 3 sets / 10 to 20 reps)

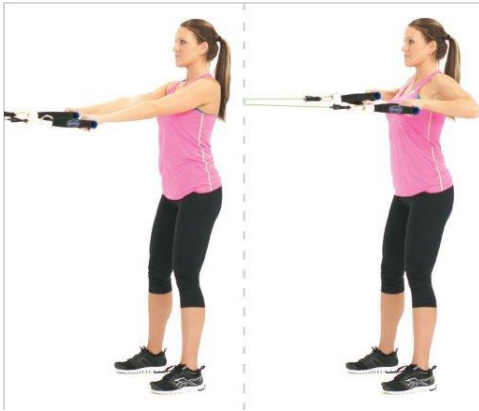


ROWS:

Level 1

Exercise Band Standing Row

(2 to 3 sets / 10 to 20 reps)



Level 2

3 Point 1 Arm Dumbbell Row

(2 to 3 sets / 10 to 20 reps)



Level 3

2 Arm Dumbbell Row

(2 to 3 sets / 10 to 20 reps)



Step/Lunge Patterns – (Quads, Hams, Glutes, Stability) - (choose 1 to 2)

Level 1

Knee Lifts (in Place)

(2 to 3 sets / 10 to 20 reps/each leg)



Level 2

Side Steps (1 side at a time)

(2 to 3 sets / 10 to 20 reps/each side)



Level 3

Walking Lunges

(2 to 3 sets / 10 to 20 reps/each leg)



Push Patterns – (Pectorals, Shoulders, Triceps/ Core) - (choose 1 to 2)

Horizontal Dumbbell Pressing :

Level 1

Dumbbell (or any weighted object) Floor Chest Press

(2 to 3 sets / 10 to 20 reps)



Level 2

Dumbbell Ball Chest Press

(2 to 3 sets / 10 to 20 reps)

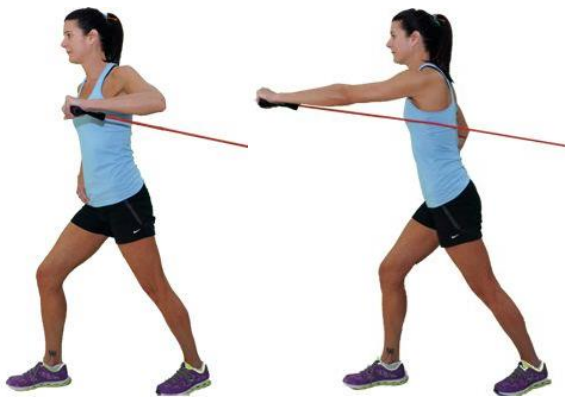


Resistance Band Pressing :

Level 1

Band 1 Arm Press

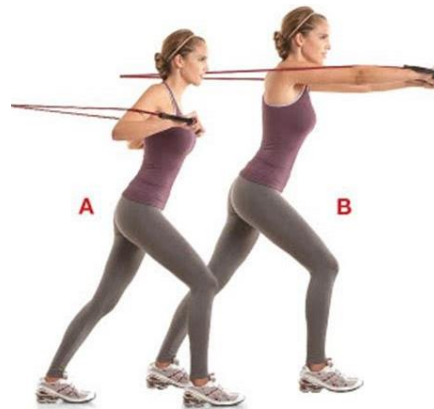
(2 to 3 sets / 10 to 20 reps/ each arm)



Level 2

Band 2 Arm Press

(2 to 3 sets / 10 to 20 reps)



Pushups :

Level 1

Kneeling Push Ups

(2 to 3 sets / 5 to 20 reps)



Level 2

Standard Push Ups

(2 to 3 sets / 5 to 20 reps)



Level 3

Reach Push Ups

(2 to 3 sets / 4 to 20 reps)



Squat Patterns – (Quads, Hams, Glutes,) - (choose 1 to 2)

Level 1

Chair Squats

(2 to 3 sets / 10 to 20 reps)



Level 2

Dumbbell (any weighted object) Center Squats

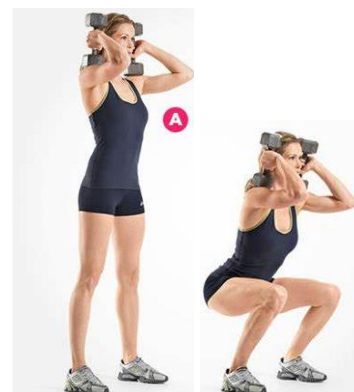
(2 to 3 sets / 10 to 20 reps)



Level 3

Dumbbell (or any...) Front Squats

(2 to 3 sets / 10 to 20 reps)



Rotational Patterns – (Core/Arms/Legs,) - (choose 1 to 2)

Level 1

Floor Trunk Rotations

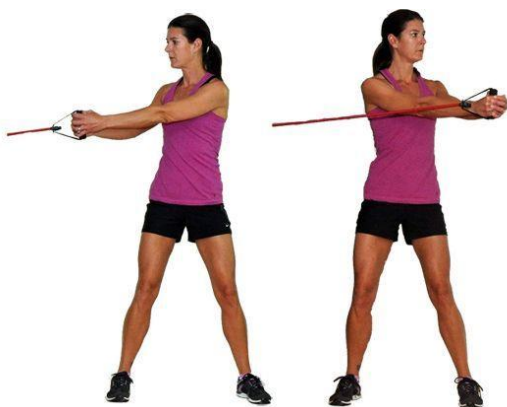
(2 to 3 sets / 10 to 20 reps/each side)



Level 2

Band Horizontal Rotations

(2 to 3 sets / 10 to 20 reps/each side)



Level 3

Low to High Weighted Rotations (any object..)

(2 to 3 sets / 10 to 20 reps/each side)



Isolated Core – (Abdominal, Obliques, Lower Back) - (choose 1 to 2)

Level 1

Floor Heel Taps w/ Pelvic Bracing

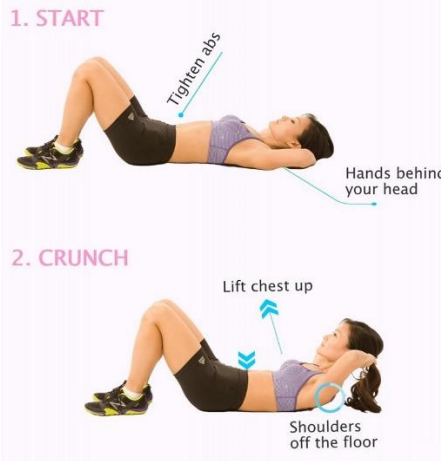
(2 to 3 sets /10 to 20 reps/each leg)



Level 2

Floor Standard Ab Rollup

(2 to 3 sets /10 to 20 reps)



Level 3

Ball Ab Rollup

(2 to 3 sets /10 to 20 reps)



Floor Reverse Ab Rollup

(2 to 3 sets /10 to 20 reps)



Isolated Postural Muscles – (Abdominal, Spinal Musculature, Scapular) - (choose 1 to 2)

Level 1

Standing Cobra Extension

(2 to 3 sets / 20 to 30 sec hold)



Level 2

Ball Cobra Extension

(2 to 3 sets / 10 to 20 reps)



Level 3

Floor Cobra Extension

(2 to 3 sets / 10 to 20 reps/ 2 sec holds)

