

REMOTE WORKOUT ROUTINE



Purpose: This exercise program is for the individual who wants to move, feel, and look good without the stress of commuting to a gym or purchasing expensive exercise equipment.

Instructions: Perform the foam rolling and warm-up prior to working out. Pick 1-2 workouts to perform at least 3 days a week for the required rounds and repetitions per exercise.

Warm-Up

- » Cat / cow (5 per each)
- » Bird dogs (5 per side)
- » Side plank (20 seconds/side)
- » Double leg Bridges (10 total)
- » Airplanes (5 per side each direction)
- » Multidirectional lunges (3 per side each direction)
- » Single leg RDL (10/side)

Foam Rolling

30 seconds of each body part; perform required amount of time per side

- » Mid-back
- » Lats
- » Glutes
- » Quads
- » Calves

Workout #1

Perform 4 rounds

- A1** Shoulder taps (10 per side)
- A2** Runners reach (10 per side)
- A3** Bent-over T's (15)

Workout #3

Perform 4 rounds

- A1** Plank (30 seconds)
- A2** Lateral squat (10 per side)
- A3** T push-up (10 per side)

Workout #2

Perform 4 rounds

- A1** X-ups (10 per side)
- A2** BW split squats (10 per side)
- A3** Bent-over Y's (15)

Workout #4

Perform 4 rounds

- A1** Side plank (30 seconds per side)
- A2** Rotational squats (10/side)
- A3** Eccentric push-ups (5 total)