

AT HOME WORKOUTS

Below is a list of warm-ups, stretching, and a few wods. You can mix and match movements, sub running for burpees, sub DBs or a light barbell if you have one for some of the movements (example= instead of push-ups, DB Floor Press or Overhead Press). Towards the end of the list are some more legit wods if you have more equipment. I also highly recommend getting a personal jump rope for some of these, and potentially one you don't care to mess up by using outside.

A lot of these are EMOM style. The timer that we use at the gym and you can download on your phone is called "GymNext Flex Timer". It is white and purple clock made out of a G. Use the round option or the EMOM option. I prefer Rounds because it tells you what round you are on.

10 Minute Warm-Up

2 Rounds

- 1 minute cardio - jumping rope or jumping jacks
- 1 minute - Spider-Man's (alt every 3)
- 1 minute - Cat Cow + Thread Needle (alt every 3)
- 1 minute - 5 cobra push ups + 10 sec down dog
- 1 - Sampson to Hammy Stretch (alt every 3)

5 Minute Warm Up

AMRAP

- 15 Jumping Jacks
- 10 Toes to Sky
- 10 Trunk Rotations
- 5 Slow Burpees

30 Minute Stretch EMOM

- 1 - Cat Cows
- 2 - Thread Needle Right
- 3 - Thread Needle Left
- 4 - Samson to Hamstring Right
- 5 - Samson to Hamstring Left
- 6 - Spider-Man Right
- 7 - Spider-Man Left
- 8 - Butterfly
- 9 - Sitting - reach for toes together
- 10 - Sitting - reach for toes right
- 11 - Sitting - reach for toes left
- 12 - Pigeon Right
- 13 - Pigeon Left
- 14 - Airplane Crash Victim/Scorpion Right
- 15 - ACV/Scorpion Left
- 16 - 15 - Cobra

- 17 - Down Dog
- 18 - Alternate Cobra to Down Dog
- 19 - Childs Pose
- 20 - Wide Knee Child's Pose/Frog
- 21- Wrist Stretch Sraight Forward
- 22 - Wrist Stretch Side to Side
- 23 - Wrist Stretch Facing Back + Child's Pose
- 24 - Back of Hands wrist stretch
- 25 - Catchers/Goalies Stretch Right
- 26 - Catchers/Goales Stretch Left
- 27 - Weight on Right Knee Deep Lunge
- 28 - Weight on Left Knee Deep Lunge
- 29 - Deep Squat
- 30 - Deep Squat + Arm Upward Reach Rotations

EMOM20

- 5 Rounds
- 1- 8-12 Burpees
- 2 - 30 Double Unders or 60 Single Unders
- 3 - 15 Sit-Ups
- 4 - Rest

EMOM 20

- 5 Rounds
- 1 - 15-20 Air Squats
- 2 - 10-15 Push Ups
- 3 - 5-10 Pull-Ups OR 10 Rows (each arm)
- 4 - Rest

EMOM 20 - core

- 4 Rounds
- 1 - sit-ups
- 2 - shoulder taps
- 3 - v-ups
- 4 - hollow rocks
- 5 - Rest

EMOM 20

- 5 Rounds - 40 seconds on / 20 seconds rest
- 1 - Burpees
- 2 - Sit-Ups
- 3 - Push Ups
- 4 - Russian Twists

EMOM 21

6 Rounds

pick a number of reps that takes about 30-35 seconds of effort when fresh

- 1 - Jump Rope or Jumping Jacks
- 2 - Shoulder Tap each side + Push-Up, OR Press Movement of Choice
- 3 - Core Movement of Choice (sit ups, v-ups, russian twists, deadbugs)

EMOM 21

3 Rounds

pick a number of reps that takes about 40-45 seconds of effort when fresh

- 1 - Jumping Rope or Jumping Jacks
- 2 - Air Squats or Goblet Squats
- 3 - Burpees
- 4 - Push Ups or Press of Choice
- 5 - Deadlifts or Core movement of choice
- 6 - Rest

Upper Body Pump + Core

3 Sets

10 Push-Ups

10 Shoulder Taps Each Side

4 Sets

12-10-8-6 Overhead Press (Barbell or DB)

12-10-8-6 Bent Over Rows (Barbell or DB)

3 Sets

10 Bicep Curls

10 Tricep Extensions

3 Sets (each side)

10 Chest Flies

10 Lat Raises

10 Side Bends

4 Sets

10 Sit-Ups

10 Alt V-Ups

10 Russian Twists

30 Second Hollow Hold

Equipment Needed WOD

25-20-15-10-5

Alt DB Snatches

Burpees or Calories

Double DB S2OH

Butterfly Sit-Ups

Murph Prep WOD

AMRAP 20:

20 Air Squats

15 Push Ups

10 Pull-Ups or Bent Over Rows

200 Meter Run

Murph Prep WOD 2

AMRAP 30 OR 10 Rounds

Run 100-200 Meters

15 Goblet Squats

Run 100-200 Meters

10 DB Floor Presses

Run 100-200 Meters

5 Strict Pull-Ups OR 10 Bent Over Row

-Rest 2 minutes between Rounds-