

## Month of June

Workouts designed for at-home and alone. Using only body weight and chairs/steps. These workouts to be done alone or with people in your household only - no gym equipment necessary. Tuesday and Thursday have increased intensity and added some conditioning. Also, some exercises have changed and duration has increased. Enjoy and let this be your escape!

### **Everyday pre-workout routine (estimated time 5 mins)**

Before M/W/Friday - body weight exercise days do the following dynamic warm-up:

<https://www.youtube.com/watch?v=1e528F0pYPg>

On Tues/Thurs - speed/conditioning days do this dynamic warm-up:

<https://www.youtube.com/watch?v=WxKq8548p94>

**Perform the proper workout for M, T, W, Th or F. (see next pages)**

### **Everyday post-workout routine (estimated time 5 mins)**

5 minute statics stretch - your choice. Here are some ideas:

Yoga Progression (hold 10-15sec.): Warrior II, Reverse Warrior- Hercules, Side Angle, Triangle, Chair w/ Rotation

Stretches: Quad Pull, Lunge w Reach, Kneeling Hamstring, Spiderman, Kneeling Butterfly, Pigeon, Pretzel , Crossover- ITB/ Butt, Knee to Chest

or for some video inspiration:

<https://youtu.be/uqjqv04gn8k>

<https://www.youtube.com/watch?v=425X5y4yzvY>

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

Most important to just do it. Old school static stretching at the END of the workout.

This workout is meant to help you!! You can do more. You can do things differently than this. This is a guide to help you get better at this time as we live with physical distance to those not in our household. Can you find a way to encourage a team mate by text or phone? Can you find a new Conquistador to join in?

## Tuesday/Thursday - Explosive Speed and Conditioning (estimated time: 60 mins)

Video link explaining exercises:

[https://www.youtube.com/watch?v=FYJJbwG\\_i8U](https://www.youtube.com/watch?v=FYJJbwG_i8U)

1. Jump Squats (15 reps) then 30 second rest
2. Jump Lunges (15 reps) then 30 second rest
3. Lateral Bounds (15 reps) then 30 second rest
4. A-Skips (30 reps) then 30 second rest
5. Reverse Lunge Knee Drive (15 reps/each leg) then 30 second rest
6. Tuck Jumps (15 reps) then 30 second rest
7. High Knees (20 reps) then 30 second rest
8. Heel Flicks - Butt Kicks (20 reps) then 30 second rest
9. 1 minute break
10. Kneeling Jumps (15 reps) then 30 second rest
11. Calf Jumps (10 reps) then 20 second rest
12. 3 min break - repeat for a total of FOUR sets.

SHUTTLE RUNS: Having completed all of the above - mark two lines 20 yards apart. Run 4 lengths to get you to 80 total yards - this should be at about 90% of your top speed. Touch the line with your foot each time. Do this for 10 cycles - with each cycle starting 60 seconds apart. Example: if it takes you 15 seconds to run the 80 yard shuttle, then you will have 45 seconds of rest before you start your next run. Do this for a total count of 10. Do five cycles and take a 1 minute break, then do 5 more cycles. Total time: 11 minutes.

Strength options:

1. Do the following push-up routine and core routine with a 2 minute rest in between  
push-up video: <https://youtu.be/LWhENdAizkE>  
core video: <https://youtu.be/4gdL-I6rhFg>
2. Accumulate 100 total push-ups and sit-ups over a 10 minute period  
Interested in some push-up variation ideas? <https://youtu.be/-0eYiItN2D8>

**Mondays (estimated time 60 mins):**

Complete the continuous execution of these 6 exercises then rest 3 mins.

Complete for 4 sets.

Video link explaining all 6 exercises:

<https://youtu.be/62zassEKAgY>

1. Power push aways (45 second duration)
2. Push-ups (45 second duration)
3. Cobra push-ups (30 second duration)
4. Lateral Lunges (30 second duration for each leg)
5. Single Leg RDL (30 second duration for each leg)
6. Bulgarian Split squat (30 second duration for each leg)

Note: Always try to increase intensity - number of reps in the allotted time frame. You can also add a 5<sup>th</sup> set.

After completing 4 sets:

Finish with alternating between 60 seconds of plank (3pt or 2pt - your choice) and 60 seconds of suitcases with 60 seconds of rest in between. In total - complete 6 minutes of plank and 6 minutes of suitcase

video for suitcase: <https://youtu.be/hXLyExSxbHs>

If you have a pull-up bar, compile 30 pull-ups at end of session.

**Wednesdays (estimated time 55 mins):**

Complete the continuous execution of these 6 exercises then rest 3 mins.

Complete for 4 sets.

1. InchWorm Push Ups (12 reps)

[https://www.youtube.com/watch?v=20FMP\\_LhcB8](https://www.youtube.com/watch?v=20FMP_LhcB8)

2. Shoulder Matrix - use something weighing 2-5 lbs in each hand (10 reps)

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

3. Downward Dog Press Ups (12 reps)

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

Video link explaining exercises 4 thru 6:

<https://youtu.be/ehFqFN3B80w>

4. Front Lunge with Twist (30 second duration)

5. Lateral Burpees (30 second duration)

6. Overhead Squat (30 second duration)

7. Good Morning (30 second duration)

Note: Always try to increase intensity - number of reps in the allotted time frame. Once you have mastered it, then increase duration to 40 seconds and number of reps to 15 the following week. You can also add a 5<sup>th</sup> set.

After completing 4 sets:

Finish with alternating between 60 seconds of plank (3pt or 2pt - your choice) and 60 seconds of suitcases with 60 seconds of rest in between. In total - complete 6 minutes of plank and 6 minutes of suitcase

video for suitcase: <https://youtu.be/hXLyExSxbHs>

If you have a pull-up bar, compile 30 pull-ups at end of session.

**Fridays (estimated time 55 mins):**

Complete the continuous execution of these 6 exercises then rest 3 mins.

Complete for 4 sets.

Video link explaining all 6 exercises:

<https://youtu.be/S3RCyA9m-nE>

1. Decline Push-ups (40 second duration)
2. Body Weight Side Lateral Raise (40 second duration)
3. Body Weight Tricep Extension (40 second duration)
4. 1-legged box squats (40 second duration)
5. Lunges (40 second duration)
6. Jump squats (40 second duration)

Note: Always try to increase intensity - number of reps in the allotted time frame. Once you have mastered it, then increase duration to 40 seconds the following week. You can also add a 5<sup>th</sup> set.

After completing 4 sets:

Finish with alternating between 60 seconds of plank (3pt or 2pt - your choice) and 60 seconds of suitcases with 60 seconds of rest in between. In total - complete 6 minutes of plank and 6 minutes of suitcase

video for suitcase: <https://youtu.be/hXLyExSxbHs>

If you have a pull-up bar, compile 30 pull-ups at end of session.