

AT HOME WORKOUT

DAY 1

	Week 1	Week 1	Week 2		Week 3		Week 4	
DB Single Arm Rows	6 sets	6 reps	4 sets	12 reps	3 sets	15 reps	3 sets	20 reps
Pike Push Ups w/ a shoulder tap	6 sets	AMAP	4 sets	AMAP	3 sets	AMAP	3 sets	AMAP
Bear Crawl	30 times total- every 5 times do a push up		40 times total- every 5 times do a push up		30 times total- every 5 times do a push up		40 times total- every 5 times do a push up	
OH Press; DB- palms face ears	4 sets	10 reps	4 sets	12 reps	3 sets	15 reps	3 sets	20 reps
Bodyweight Dips-one leg up	3 sets each leg	AMAP	4 sets each leg	AMAP	5 sets each leg	AMAP	6 sets each leg	AMAP
Side Raises DB	4 sets	10 reps	4 sets	12 reps	3 sets	15 reps	3 sets	20 reps

- AMAP equals as many reps as possible
- All rest between sets should be kept to max 1 minute

DAY 2

	Week 1	Week 1	Week 2		Week 3		Week 4	
Squats; DB- Plie	4 sets	20 reps	3 sets	15 reps	3 sets	25 reps	6 sets	8 reps
Squats; toes forward-db in hands	4 sets	20 reps	3 sets	15 reps	3 sets	25 reps	6 sets	8 reps
Stationary Lunge	4 sets	15 reps	3 sets	20 reps	3 sets	15 reps	4 sets	20 reps
Walking Lunges	4 sets	15 reps	3 sets	20 reps	3 sets	15 reps	4 sets	20 reps
Calf raises- DB in each hand	4 sets	25 reps	4 sets	30 reps	3 sets	25 reps	3 sets	30 reps

DAY 3

	Week 1	Week 1	Week 2		Week 3		Week 4	
Renegade Row *	3 sets	15 reps	3 sets	20 reps	3 sets	25 reps	5 sets	10 reps
Speed Skaters	50 each side		50 each side		50 each side		50 each side	
Flat chest press-DB (on floor)	3 sets	15 reps	3 sets	20 reps	3 sets	25 reps	5 sets	10 reps
Rear Delt flies	3 sets	15 reps	3 sets	20 reps	3 sets	25 reps	5 sets	10 reps

- Renegade Row-Plank position holding 2 db; row up to hip without rotating core-alternate arms
- There is a video of the row using a band on the FB group.

Day 4

	Week 1	Week 1	Week 2		Week 3		Week 4	
Deadlift-toes forward; feet shoulder width	3 sets	20 reps	6 sets	8 reps	4 sets	15 reps	3 sets	25 reps
Deadlift-SUMO	3 sets	20 reps	6 sets	8 reps	4 sets	15 reps	3 sets	25 reps
Deadlift-Single Leg	3 sets	15 reps	3 sets	15 reps	4 sets	12 reps	4 sets	12 reps
Hamstring Curl on big stability ball	3 sets	15 reps	3 sets	20 reps	3 sets	25 reps	3 sets	30 reps

Using a stability ball-lay on back on floor-place the calves over the ball and lift your glutes completely up (bridge style)roll the ball into your glutes and then back out-in and out equals one rep.

All information provided by Thrive by Jen (Jennifer Zelop) is of a general nature and is furnished for educational/entertainment purposes only. No information is to be taken as medical or other health advice pertaining to any individual's specific health or medical conditions. Thrive by Jen (Jennifer Zelop) is not engaged in rendering medical or professional services. Thrive by Jen (Jennifer Zelop) makes no guarantee regarding the accuracy, timeliness, or relevance of any text, video or audio content. Any content provided is not a diagnosis, treatment, plan or recommendation for particular course of action regarding your health and is not intended to provide specific medical advice. Do not delay seeking the diagnosis and advice of your healthcare professional because of anything you may have read or interpreted in Thrive by Jen (Jennifer Zelop) content. Consult your healthcare professional before participating in or acting on any recommendations found in this content. You agree, at your exposure, to indemnify and hold Thrive by Jen (Jennifer Zelop) harmless from any and all losses, liabilities, injuries, or damages resulting from any and all claims, causes of action, suits, proceedings, or demands against Thrive by Jen (Jennifer Zelop) arising from or related to decisions or recommendations you make using Thrive by Jen (Jennifer Zelop) content. You agree that use of this information at your own risk. Terms and Conditions apply.