Workout Template

- The First Three

[name] Home workout **Plan**

	FOCUS / DETERMINATION / PERSEVERANCE										
Name:				Date	Date	Date	Date	Date	Date	Date
Exercise	Sets	Reps	REST								
Day **Warmup: Dynamic Mobility**											
[1] Jog	1	10:00	1:00								
Front Banded Squats (use broom to act as bar)	4	20	1:00								
Banded Push-ups	4	15,15, 10,10	n/a								
Banded Lunges (one side at a time)	4	15ea	2:00								
Sinlge arm Band Chest fly 2-1-2-0	3	15ea	n/a								
Banded Bicep Curls	3	20	1:30								
Skater Steps	2	20ea	1:00								
Crunches with light band	4										
Cardio:											
Cooldown:											
Mobility:											
Day **Warmup: Dynamic Mobility**											
[2] Jog											
Back Squat-Rows (Loop Bands and Dowel)	4	20	1:00								
Lying Single Leg curl (red band)	3	15ea	n/a								
Plank/Side Plank	3	:30x3	1:00								
Lying Leg curls (sliders)	3	15	:30								
Banded Lat Pull-down (seated)	3	20	1:00								
Banded Squat-Rows (overhand grip)	4	15	:30								
Cardio:											
Cooldown:											
Mobility:											

Notes: This workout includes the use of 41" Loop bands. Otherwise known as "Pull up" bands.

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