

HOME WORKOUT GUIDE

EXERCISE	ROUND 1 (WORK/REST)	ROUND 2 (WORK/REST)	ROUND 3 (WORK/REST)	ROUND 4 (WORK/REST)
Push	30sec / 20sec	30sec / 20sec	30sec / 20sec	30sec / 20sec
Pull	30sec / 20sec	30sec / 20sec	30sec / 20sec	30sec / 20sec
Lower	30sec / 20sec	30sec / 20sec	30sec / 20sec	30sec / 20sec
Core	30sec / 20sec	30sec / 20sec	30sec / 20sec	30sec / 20sec
Cardio	30sec / 20sec	30sec / 20sec	30sec / 20sec	30sec / 20sec
Rest	50-Sec	50-Sec	50-Sec	50-Sec

Exercise Examples

Push:

1. Push-Up
2. Kettlebell Overhead Press
3. Dumbbell Lateral Raise
4. TRX Chest Press

Pull:

1. TRX Low Row
2. Kettlebell Row
3. Resistance Band Low Row
4. Resistance Band Rear Flye

Lower:

1. Kettlebell Goblet Squat
2. Kettlebell Romanian Deadlift
3. TRX Leg Curl
4. Kettlebell Step Back Lunge

Core:

1. Plank
2. Lying Leg Raise
3. Kettlebell Russian Twist
4. Side Plank

Cardio:

1. Burpee
2. Mountain Climber
3. Bear Crawl
4. Frog Squat