

GREYSTEEL CORONAZOMBIE APOCALYPSE HOME WORKOUT

Short term goal is to do THE ENTIRE WORKOUT in a single session. Depending on your fitness, this may not be possible at first. The overall goals of the program are to minimize loss of strength and muscle, improve muscular endurance, preserve range of motion and balance, and reinforce the habit of training.

Notes:

1. **LOG THESE WORKOUTS**, just as you would a workout in the gym. There are parameters for progression here. This is TRAINING, not just exercise.
2. **REST INTERVALS WILL BE SHORT**. Loads will be light, and the emphasis given the limitations is on maintaining movement patterns and muscular endurance.
3. **ENSURE THAT LOADING IMPLEMENTS ARE SAFE**. If you do not have dumbbells, try to acquire a few pairs. Otherwise, you can use cans, handheld tools, buckets, bags, etc. But you must take care that they can be held securely and safely.
4. **PERFORM THE WORKOUT IN THE ORDER GIVEN**.
5. **IF YOU DO NOT BELIEVE YOU CAN PERFORM THE ENTIRE WORKOUT**, ask yourself if you're just being....well, you know. If the answer is no, prioritize the movements indicated with an *, OR start by removing 1 workset. You MUST perform exercises from each category (Squat, Upper Body, Dead). No matter what, log the work and pay attention to your progression parameters.
6. **FEEL FREE TO POST VIDEOS ON THE POG PAGE!** We can't guarantee to critique them all, but you will be giving yourself a degree of accountability and inspiring your fellow athletes to follow your example.
7. **THIS WORKOUT MAY BE AMENDED AS WE GAIN MORE EXPERIENCE**. If you are doing well with it, you may ignore those amendments or adopt them, as you see fit. EITHER WAY, YOU MUST FOCUS ON PROGRESSION in weight or, more probably, reps and sets.
8. **DO NOT HESITATE TO CONTACT US WITH QUESTIONS**.

SQUAT				
EXERCISE	REPS X SETS	LOADING	PROGRESSION	NOTES
"Air Squats"*	10x1	Bodyweight	None	Warming up the squat movement.
Load and Explode squats*	5x2	Bodyweight	Increase the time in eccentric, eg, from 3-Mississippi to 5-Mississippi	Basically an air squat with specific tempo. Focus on the eccentric. "Feel the burn" in your hamstrings and ass. EXPLODE out of the bottom as fast as you can without losing your angles.
Pause squats*	5x2	Bodyweight	Increase the time at the bottom, eg, from 3 factors to 5 factors	Factors to count: 1. Knees out. 2. Chest up. 3. Feet flat. 4. Hips back. etc.
Goblet squats	5x3	Dumbbell, kettlebell, or other	Increase the weight of the goblet or increase the number of reps (max 12x3)	Diagnostic angles will be more like front squat. Don't worry about it.

UPPER BODY

EXERCISE	REPS X SETS	LOADING	PROGRESSION	NOTES
Dumbbell Presses*	5x3	Dumbbells, cans, or other safely handheld weights (light kettlebells)	Increase the weight or increase the number of reps (max 12x3)	Do not alternate the arms; keep the movement as close to std OHP as possible. Focus on maintaining full ROM.
CURLS*	8x3	Dumbbells, cans, kettlebells or other safely held weights	Increase the weight or increase the number of reps (max 12x3)	Do not alternate the arms; kept the movement as close to std curls as possible
Floor flies	8x3	Dumbbells, cans kettlebells or other safely held weights.	Increase the weight or the number of reps (max 12x3)	Do not alternate.
Push-ups*	AMRAP x 3	Bodyweight; on toes or on knees as needed.	Increase the number of reps in each set and total reps (no max)	
Chins and Pullups	AMRAP x3	As permitted by equipment and facilities	Increase the number of reps in each set and total reps (no max)	

DEADLIFT

EXERCISE	REPS X SETS	LOADING	PROGRESSION	NOTES
Kettlebell RDL*	10x3	Paint can, kettlebell, home barbell or other safely held weight that permits a vertical bar path and can be started at proper height.	Increase the weight or the number of reps (max 12x3)	Focus on perfect back extension and setup position. Count of 5-Mississippi on eccentric, 2-Mississippi on concentric. DO NOT SET THE WEIGHT DOWN on the floor or platform. Feel the stretch in the hams and butt at the bottom of the movement. Unlike standard deads, these should make you sore, and in fact they may generate more soreness than standard deads.

CONDITIONING

The workout above will work your conditioning and muscular endurance. You MAY wish to also include a conditioning component. This will depend on your home equipment, and we will be happy to help you design your conditioning component based on what you have. The default mode is a brisk walk, which you should be taking on a daily basis anyway.

AMRAP = As Many Reps As Possible

ECCENTRIC = Downward phase of the exercise

All prescriptions are in Wt x Reps x Sets format, so 10x3 = 3 sets of 10.

Video instruction is at

<https://youtu.be/kh-7c5pLXxw>