



B-FIT
BOSTICK FITNESS

Quickies

Daily 15 Min Workouts

4 Weeks of Workouts to Fit Your Schedule

Daily Workouts

Phase I: Weeks 1 + 2

Phase 2: Weeks 3 + 4

1-3 Sets, 10-20 Reps

60-90 Sec Rest Between Sets

Bands and Body Weight Needed

Phase 1

Weeks 1&2

Workout 1

BW Squat - 2x10-20

Planks 2x30-60 sec

Workout 2

Incline Push-Up - 2x10-20

Band Pull Apart - 2x10-20

Workout 3

Standing Band Row - 2x10-20

Band Wood Chop - 2x10-20 each side

Workout 4

Band Deadlift - 2x10-20

Band Face Pull - 2x10-20

Workout 5

Band Front Raise - 2x10-20

Reverse Crunch - 2x10-20

Workout 6

Band Curl - 2x10-20

Band Tricep Pushdown - 2x10-20

Workout 7

BW Good Mornings - 2x10-20

Russian Twists - 2x10-20 each side

Phase 2

Weeks 3&4

Workout 1

BW Split Squat - 2x10-20 each leg

Active Plank - 2x10-20

Workout 2

SA Band Chest Press - 2x10-20

each arm

Band Pull Apart - 2x10-20

Workout 3

SA Standing Band Row - 2x10-20

each arm

Band Wood Chop Hold - 2x20-40 sec

each side

Workout 4

Storks 2x10-20 each leg

Band Pull Apart 2x10-20

Workout 5

SA Band Overhead Press - 2x10-20

each arm

Flutter Kicks - 2x10-20 each arm

Workout 6

Band Hammer Curl - 2x10-20 eac

Band Overhead Tricep Ext - 2x10-
20

Workout 7

SL Glute Bridge - 2x10-20 each leg

Band Side Bend - 2x10-20 each side