



AT-HOME WORKOUT PLAN

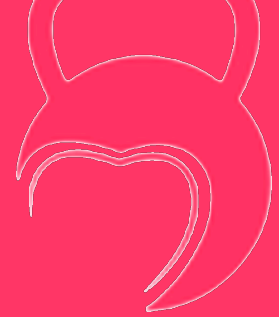
SUGGESTED EQUIPMENT — RESISTANCE BAND

Real life happens — travel, packed weeks, days you just can't make it in. This at-home plan keeps you moving with nothing but a resistance band. Proper planning prevents poor performance, so use it to make up sessions or fill the gaps between gym days. Every rep counts.

TABLE OF CONTENTS

Legs	2
Chest · Shoulders · Triceps	3
Back & Biceps	4
Total-Body Conditioning	5
Total Warm-Ups	6

BB = Barbell DB = Dumbbell AMRAP = As Many Rounds As Possible

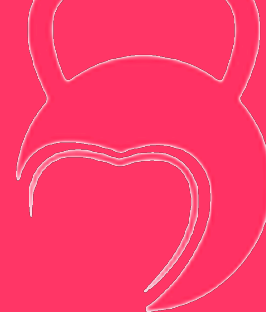


Legs

WARM-UP

2–3 min mobility drills — leg swings, long lunges, diagonal reaches.

- Squat Variation** **3×15**
Band under your feet, held around your shoulders for resistance. Use enough to make it difficult while keeping good form.
- Leg Curl Variation** **3×15**
Use bands seated or lying, or a Swiss ball with hips elevated.
- 1A Stationary Lunge** **3×12–15/leg**
Band under the front foot and around your shoulders to add resistance.
- 1B Sumo Squat** **3×15**
Band under feet & around shoulders when needed — bodyweight may be fine to start.
- 2A Glute Bridge (feet together / Frog Pumps)** **3×15**
Lie on your back, feet together. Elevate hips and squeeze glutes 2 sec at the top; control the way down.
- 2B Banded Glute Kickbacks** **3×15–20**



Chest • Shoulders • Triceps

WARM-UP

2–3 min — get the upper body warm and the shoulders moving.

- **Shoulder Press** **3×15**
Stand on the band and press overhead.

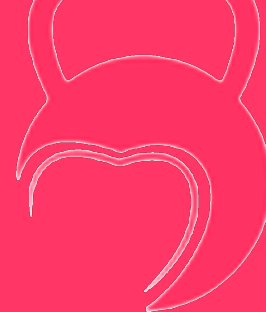
- 1A Upright Row** **3×12**
Barbell, dumbbells, band, or cables. Pull with explosive power, control the negative down.

- 1B Band Pull-Aparts** **3×15**
Arms straight out, pull the band apart — squeeze the back of your shoulders.

- 2A Lateral Raise** **3×12–15**
Resistance bands or dumbbells.

- 2B Overhead Tricep Extension** **3×15**
Stand on the band, reach behind your head, then fully extend overhead.

- **Push-Ups** **3×AMRAP**
Modify on an incline, on knees, legs straight, or legs elevated (decline). Progress: incline → knees → legs straight → legs elevated.

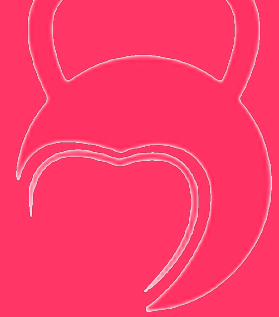


Back & Biceps

WARM-UP

2–3 min mobility drills to prep the back and arms.

- | | | |
|-----------|--|----------------|
| 1A | Narrow Vertical Pull-Down
Band attached above your head. | 3×12–15 |
| 1B | Wide Row
Band looped under your feet. | 3×12–15 |
| 2A | Wide Vertical Pull-Down
Band attached above your head. | 3×12–15 |
| 2B | Narrow Horizontal Row
Band looped under your feet. | 3×12–15 |
| 3A | Curls
Band or dumbbells. | 3×12–15 |
| 3B | Hyperextension or Superman | 3×12–15 |
| 4 | Abs — exercise of choice
Pick a core move you like and own it. | 3×12–15 |



Total-Body Conditioning

Warm-up 2–3 min. Complete AMRAP for each exercise. Pick an option (or alternate them across the week).

OPTION 1

ABS • 3–4 ROUNDS

1A Weighted V-Up **3×10–15**

Rest 30–60s, then 1B.

1B Side Plank Hold **3×30s**

Per side. Rest 30–60s, back to 1A.

CONDITIONING **30s / 20s × 4**

Prisoner Squats (fast)

Plyo Push-Ups (no clap)

Plyo or Reverse Lunges

Mountain Climbers

30 sec work · 20 sec rest. 1 min rest between sets × 4 rounds.

OPTION 2

ABS • 3–4 ROUNDS

1A Seated Russian Twist **3×10–15**

Heels on the ground. Rest 30–60s, then 1B.

1B Forward Plank Hold **3×30s**

Rest 30–60s, back to 1A.

CONDITIONING **30s / 20s × 4**

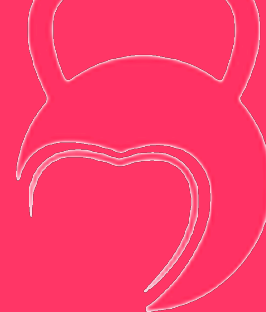
Plyo Lunges off Step

DB Push Press (~15–20 lb)

Pop Squats

Burpees w/ Jump

30 sec work · 20 sec rest. 1 min rest between sets × 4 rounds.



Total Warm-Ups

UPPER BODY

- Arm Circles — small, growing larger **60s**
- Plank Up-Downs **60s**
- Lateral Raises & External Rotations **60s**

LOWER BODY

- Foam Roll — glutes, quads, IT band, calves —
- Two-Legged Glute Bridges **x20**
- Walking Lunges **x20**
- Hip Extensions / Leg Swings **x15/leg**
- Bodyweight Jump Squats **x15**
- Heels to Butt **x30**

TIP

Add a 3–5 minute light jog at the start or end if you need a little more to feel ready.