



2ND MONTH AT HOME WORKOUT

DAY 1 - Legs

| EXERCISES | SETS & REPS | BAND/REPS 1 ST SET | BAND/REPS 2 ND SET | BAND/REPS 3 RD SET |
|--|--|---------------------------------------|---------------------------------------|---------------------------------------|
| Warm-up – 20 walking lunges | | NOTE BAND COLOR BELOW WITH REPS | NOTE BAND COLOR BELOW WITH REPS | NOTE BAND COLOR BELOW WITH REPS |
| SET 1 – BOOTY | | | | |
| Single Pelvic tilts. Ly face up on the floor. Raise one leg and press through the heel with the foot on the ground | 3 x 15 each side Squeeze ham/qlute | | | |
| Standing band pull through – Rap band around something sturdy. Face away from band and grab band between legs. Pull straight up and squeeze glutes | 3 x 20 | | | |
| Single leg kick backs – Use round band around both ankles, holding on to something to stabilize, pulse one leg back and squeeze glute. | 3 x 15-20 each leg | | | |
| SET 2 – QUADS AND HAMMIES | | | | |
| Walking lunges – if you have something heavy to hold use it, if not to body weight | 3 x 20 | | | |
| Prisoner Squats – Use band under feet and hold with hands. Hands held behind head | 3 x 20 | | | |
| Single leg Step ups - alternating | 3 x 30 | | | |
| | | | | |
| STRETCH 15 MINUTES | | | | |

Your goal is muscle endurance, building proper form and enhance joint stability. Also improving neuromuscular efficiency such as balance, stabilization and muscular coordination. Therefore, choose a band to where you can get 15 reps with each exercise. Focus on getting the mind body connection and feeling the muscle you are working.



2ND MONTH AT HOME WORKOUT
DAY 2 – Chest, Biceps & Triceps

| EXERCISES | SETS & REPS | WT/REPS 1ST SET | WT/REPS 2ND SET | WT/REPS 3RD SET |
|---|------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| Warm-up shoulder's with light weight | | | | |
| SET 1 | | | | |
| Chest – Band chest flies. Wrap band around something stable at chest height | 3 x 15 | | | |
| Biceps – Standing bicep curls with band under feet | 3 x 15 | | | |
| Triceps – Band press down – Hold band overhead with one hand and press down with the other hand | 3 x 15 | | | |
| SET 2 | | | | |
| Chest – Pushups – Start on feet and go to knees when you hit failure | 3 x 15 | | | |
| Biceps – Single concentration curls using bands | 3 x 15 | | | |
| Triceps – Bench dips | 3 x 15 | | | |
| | | | | |
| STRETCH FOR 15 MINUTES | | | | |

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2ND MONTH AT HOME WORKOUT
DAY 3 – Back & Shoulders

| EXERCISES | SETS & REPS | BAND/REPS 1 ST SET | BAND/REPS 2 ND SET | BAND/REPS 3 RD SET |
|---|------------------|----------------------------------|----------------------------------|----------------------------------|
| Warm-up shoulders with light weight | | NOTE BAND COLOR BELOW WITH REPS | NOTE BAND COLOR BELOW WITH REPS | NOTE BAND COLOR BELOW WITH REPS |
| SET 1 | | | | |
| Back – Band rows. Hook band around something stable. Hold handles and rows squeezing back | 3 x 15 | | | |
| Shoulders – Shoulder height arm circles – Use soup cans or light weight | 3 x 20 each way | | | |
| SET 2 | | | | |
| Back – Bent over single rows with band. Secure band under foot | 3 x 15 each side | | | |
| Shoulders – Band lateral raise. Hook band under feet | 3 x 15 | | | |
| SET 2 | | | | |
| Back – Bird dogs on floor. Kneel on all fours. Reach opposite arm and leg out. Feel lower back squeeze | 3 x 15 | | | |
| Shoulders – Sitting band overhead press. Hook band under chair or feet | 3 x 15 | | | |
| | | | | |
| STRETCH 15 MINUTES | | | | |

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2ND MONTH AT HOME WORKOUT
DAY 4 – Abs & Calves

| EXERCISES | SETS & REPS | REPS 1 ST SET | REPS 2 ND SET | REPS 3 RD SET |
|--|------------------|-----------------------------|-----------------------------|-----------------------------|
| Warm-up – 20 walking lunges | | | | |
| SET 1 – | | | | |
| Abs – Bicycle crunches – reach opposite elbow to knee | 3 x failure | | | |
| Calves – Single calf raises on step | 3 x 20 each leg | | | |
| SET 2 – | | | | |
| Abs – Plank | 3 x 1 minute | | | |
| Calves – Double calf raises on step 10 toes out, 10 toes in, 10 toes straight | 3 x 30 | | | |
| SET 3 – | | | | |
| Abs – Lying leg raises | 3 x 15-20 | | | |
| Abs – Band twist – wrap band around something waist height, holding onto handles in front of you step away to make resistance harder. Stand with a wide stance and twist upper body away using oblique's. | 3 x 15 each side | | | |
| | | | | |
| STRETCH 15 MINUTES | | | | |

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