



3RD MONTH AT HOME WORKOUT
DAY 1 – Legs & Calves

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
LEGS				
Banded sidewalks – stay down in a squatted position. Put band just above knees	3 x 15 each way			
Banded hip extensions – Ly upper back on a bench, feet on floor with band just above knees	3 x 20 Hold for a count of 2 on top and squeeze booty			
Kettlebell or D-bell sumo squats. You can hold anything heavy you have at home	3 x 20 Squeeze booty on top			
Alternating side lunges – make sure to sit back in the heel on the lunge. Knee should stay over heel	3 x 12-15 each side			
CALVES				
Standing calf raises on edge of bench or stairs. 10 toes in, 10 toes out, 10 straight, 10 bounces on top	3 x 40 No weight			
Single calf raises on bench or stair	3 x 15 each leg			
STRETCH FOR 15 MINUTES				

I use a thicker band on these exercises. You can order them here: <http://bit.ly/hip-bands>

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.



3RD MONTH AT HOME WORKOUT
DAY 2 – Chest, Back & Abs

EXERCISES	SETS & REPS	BAND/REPS 1 ST SET	BAND/REPS 2 ND SET	BAND/REPS 3 RD SET
Warm-up shoulders with light weights	Increase band resistance as reps go down	NOTE BAND COLOR BELOW WITH REPS	NOTE BAND COLOR BELOW WITH REPS	NOTE BAND COLOR BELOW WITH REPS
CHEST				
Push-ups on feet to knees	3 x 20			
Bench or short stool walk over touch and back over touch	3 x 20			
Flat bench for floor band press Rotate on top of movement so pinkies are facing each other	3 x 15, 12, 10 Band around back			
BACK				
Banded bend over single rows Band under foot	3 x 15, 12, 10			
Banded bent over reverse grip rows Band under feet, focus on mid-back and hold squeeze on top for a count of 2	3 x 15, 12, 10			
Hyperextensions for lower back – Superman's – Face down and raise hand and feet off the ground. Squeezing lower back	3 x 20			
ABS				
Side plank dips on hand – Feet should both be on the floor, not stacked. Top foot in front	3 x 10-15 each side Go to elbow if you need to			
Floor combo crunches 10 circles right, 10 circles left & regular crunches to failure	3 sets			
Pelvic tilts – Ly flat on the floor, put hands under glutes to support the lower back. Raise legs up into the air. This is not a big movement	3 x 20			
STRETCH 15 MINUTES				

You can do a giant set by picking one exercise for each body part and completing all three sets before going onto the next giant set.

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3RD MONTH AT HOME WORKOUT
Day 3 – Biceps & Triceps

EXERCISES	SETS & REPS	BAND/REPS 1 ST SET	BAND/REPS 2 ND SET	BAND/REPS 3 RD SET
Warm-up shoulders with light weights	Increase band resistance as reps go down	NOTE BAND COLOR BELOW WITH REPS	NOTE BAND COLOR BELOW WITH REPS	NOTE BAND COLOR BELOW WITH REPS
SET 1				
Biceps – Standing side banded curls – band under feet, palms face out away from you the whole time	3 x 15, 12, 10			
Triceps – Banded press down – Secure band at a high level, hold handles with an over grip. Keep elbows in tight and press down to sides	3 x 15, 12, 10			
SET 2				
Biceps – Concentration single curls – seated, band under foot, elbow resting inside leg, curl	3 x 15, 12, 10			
Triceps – Dips on edge of bench or on floor	3 x failure			
SET 3				
Biceps – Standing reverse banded curls – band under feet. Hold band with an overgrip. Keep elbow by sides	3 x 15, 12, 10			
Triceps – Single arm overhead extensions – secure band at a high level, hold handle with an over grip. Turn away from band, keep arm by ear and extend arm overhead	3 x 15			
STRETCH 15 MINUTES				

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3RD MONTH AT HOME WORKOUT

Day 4 – Shoulders & Legs

EXERCISES	SETS & REPS	BAND/REPS 1 ST SET	BAND/REPS 2 ND SET	BAND/REPS 3 RD SET
Warm-up shoulders with light weights	Increase band resistance as reps go down	NOTE BAND COLOR BELOW WITH REPS	NOTE BAND COLOR BELOW WITH REPS	NOTE BAND COLOR BELOW WITH REPS
SET 1				
Shoulders – Band Pull apart – Hold band with hands and wrap band around hands to increase resistance	3 x 20			
Legs – Banded squat, side step left, jump. Sit back down in your squat, side step right, jump. Repeat	3 x 12			
SET 2				
Shoulders –Single Banded Serratus & front delt Punches – Secure band around something secure at hip height. Turn away from band and press arm forward slightly above shoulder height.	3 x 12-15 each side			
Legs – Hip extensions – Use wide band above knees, rest upper back on bench, spread knees apart to feel tension in the glute medias, and do hip extensions from there.	3 x 20			
SET 3				
Shoulders – Band overhead press. Band under feet. You can do this standing or sitting	3 x 15			
Legs – Walking lunges – hold weights if you have them	3 x 20			
STRETCH 15 MINUTES				

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