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# Quarantine Workout

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Get Moving, Keep Moving



2020

# Introduction.....

Getting Started.....

## Section 1

As Seen on our FB Page Total Body Workouts.....

## Section 2.....

Ab/Core Circuits.....

## Section 3.....

Upper Bodyweight.....

## Section 4.....

Lower Bodyweight.....

## Section 5.....

High Intensity Interval Training Cardio Workouts.....

## Section 6.....

Healthy Recipes.....

# Welcome!

We're so glad that you made the choice to purchase this workout plan. With our new "normal" of social distancing, it can be easy to lose sight of our goals. You might not be feeling all that motivated right now and that's ok. Motivation comes and goes, that's why we can't always rely on it. We're working on discipline now. The workouts are here, done for you. No excuses. Now you have the tools.

## Getting Started

Just pick your workout days and schedule in these workouts. Crunched for time and can't get to the gym? No problem, we've got you covered with your at-home total body workouts and ab/core circuits. Need an idea for lunch or dinner? Try out one of these recipes sure to fit your macros! What are you waiting for? Go workout!

<b>Week 1</b>	<b>Example Workout</b>						
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	Workout 1	Ab Circuit 1	Workout 2	Rest	Ab Circuit 2	Workout 1	Rest
<b>Week 2</b>							
	Workout 2	Ab Circuit 1	Rest	Workout 1	Workout 2	Ab Circuit 1	Rest

## Section 1

# As Seen on Our FB Page

## *No Excuse Not To Get That Workout In*

### Workout # 1

Perform as a circuit, moving from one exercise to the next with as little rest as possible. Beginners complete 3-5 rounds. Advanced complete 5-7 rounds.

Exercise	Sets/Reps	Time/Progressions	Primary Muscles	Notes
Bird Dog		1 min	Low Back, Abdominals, Glutes	
Squats		:30, :40, 1 min	Glutes, Hamstrings, Quads	
Push-ups		:30, :40, 1 min	Pecs, Anterior Delts, Triceps	Low option- perform on knees
Mountain Climbers		:30, :40, 1 min	Delts, Biceps, Triceps, Pecs, Obliques, Trapezius, Lats, Hamstrings, Hip Adductors & Abductors, Quads	
Jab/Cross		:30, :40, 1 min	Delts, Lats, Traps, Biceps, Triceps, Pecs	
Triceps Dips		:30, :40, 1 min	Pec, Triceps	Use a sturdy chair, bench, or step. High Option- Straight Legs, Low option, Knees bent
Muay Thais Knees		:30 ea side, :40 ea s	Obliques, Hip Flexors	

These are progressive workouts. Once you have proper form down, you can increase the intensity level. Perform 2 or 3 days a week and then use progression. Start with performing each exercise for :30. The next time you complete the workout, increase your work time to either :35 or :40 if you feel ready for it. You have some freedom! If you have a set of Dumbbells at home, you can turn the bodyweight squats into dumbbell squats. You can add light dumbbells to the Jab/Cross as well. Keep track of how long it takes you to complete each workout and or each round!

## Workout #2

Exercise	Sets/Reps	Time/Progressions	Primary Muscles	Notes
Jog on the spot		:30, :40, 1 min	Hamstrings, quads, hip flexors, glutes, calves, core	
Alt Lunges		:30, :40, 1 min	Hamstrings, quads, hip flexors, glutes, calves, core	Keep knee behind toe and drive up through heel.
Renegade Rows		:30, :40, 1 min	Traps, lats, teres major/minor, rhomboids, biceps, rear delts	Can be done with out without Dumbbells
Bodyweight Goodmornings		:30, 40, 1 min	Erector Spinae, Glutes, Hamstrings	FORM!
Crossbody Mountain Climbers		:30, :40, 1 min	Delts, Biceps, Triceps, Pecs, obliques, abs, lats, traps, quads, hamstrings, hip adductors, hip flexors	Keep shoulders over wrists.
Incline Push ups		:30, :40, 1 min	Lower Chest/Back, Triceps, Ant delts	
Burpees			Chest, quads, glutes, hamstrings, & abs	
Butterfly Situps		:30, :40, 1 min	Abs, hip flexors	

## Section 2

# Ab/Core Circuits

Perform one exercise after the next. Once you complete each 1x, that is 1 set of the circuit.

### Circuit #1

Exercise	Sets/Time	Notes
Body Saw Planks	3 x 10	
Rest	3 x :30	
Side Climbers	3 x 1 min	
Rest	:30	

### Circuit #2

Exercise	Sets/Time	Notes
V-Up	3 x 10	
Spiderman Plank	3 x 20	
Lying Leg Scissors	3 x 1 min	
Rest	1 min	

### Circuit #3

Exercise	Sets/Time	Notes
Plank Jacks	3 x :30	
Heel Touches	3 x :30	
Mountain Climbers	3 x :30	
Rest	1 min	

#### Circuit #4

Exercise	Time	Notes
Bicycles	:30	
Rest	:30	
Body Saw	:30	Keep your butt down!
Supermans	:30	Option: upper body only or lower only
Rest	:30	
Heel Touches	1 min	Lift chest up and contract the core
Rest	1 min	

#### Circuit #5

Exercise	Sets/Time/Reps	Notes
Sprinter Sit-ups	3 x 20	L & R = 1 rep
Rotating T Plank	3 x 1 min	
Rest	3 x :30	
Spiderman Plank	3 x :30	
Rest	3 x 1 min	

## Section 3

# Full Body Workouts

### Workout #1 Full Body

Exercise	Sets x Reps	Notes
Close Grip Push Up	3 x 15-20	
Step Up	3 x 15-20	Can substitute w lunge
Wide Stance Burpee	3 x 15-20	Wider stance will engage the lats to help pull the feet fwd

### Workout #2 Full Body

Exercise	Sets x Reps	Notes
Bodyweight Squat	4 x 15-20	
Incline Pushups	4 x 15-20	
Bulgarian Split Squat	4 x 15-20ea	
Bodyweight Triceps Ext	4 x 12-15	
Supermans	2 x :15-:20 hold	
Glute Bridge Walkout	4 x 8	Rest 1 min
Towel Bicep Curls	4 x 15-20	Bath Towel
Plank	3 x 1 min	Rest 1 min



## Section 4

# Upper Body Focus

### Workout #1 Back

Exercise	Sets x Reps	Notes
Modified Inverted Row	3 x 10-15	Squeeze under your armpits to activate lats
Scapular Shrug	3 x 10-15	You'll need 2 sturdy chairs. Knees bent at 90 degrees.
Option B: Corner Scapular Shrug	3 x 10-15	Feet Hip Width, grip just outside hips. Pull from knees to belly button.
Lawn Mowers	3 x 10-15	
Towel Face Pull	3 x 10-15	Keep chest up, core tight, lean back with the towel supporting weight in stretched position.

### Workout #2 Shoulders

Exercise	Sets x Reps	Notes
Hindu Push up	4 x 12	
Y to W Raise	4 x 12	
Pike Push up	4 x 8	Keep head, arms & hands in a straight line
Bench Dip	4 x 12	Modified version is to bend knees
Lateral Plank Walk	4 x 10ea direction	Rest 1 min between sets

### Workout #3 Chest

Exercise	Sets x Reps		Notes
Push up	4 x 10-15		Opt is from knees
Elevated Push up	4 x 10-15	Don't go to failure	Opt is from knees
Counter Top Chest Dips	4 x 10-15		Slow & Controlled
Milk Jug/Water Bottle Flies	4 x 10-15	Focus on Tempo	Can either bend elbow slightly or keep arm straight.

### Workout #4 Biceps/Triceps

Exercise	Sets x Reps		Notes
Towel Curls	4 x 15-20		Dish Towel
Bicep Curl w Leg	4 x 15-20	Pause at the top	Bath Towel Use your own body to control the weight!
Bodyweight Tricep Ext	4 x 15-20		
Bench Dips	4 x 15-20		

## Section 4

# Lower Body Focus

### Workout #1 Quad & Calf Focus

Exercise	Sets x Reps		Notes
Bodyweight Sumo Squat	4 x 10-15		Option: Cardio BB, DB, or Bodyweight Squat
Wall Squat Isohold	3 x :30		Hold up to 2 min. Change the hip angle to challenge
Wall Squat March	4 x 10-15ea		
Low Box Squats	3 x 15-20		Need a chair, box or a second/third height step

Exercise	Sets x Reps	Notes
Standing Calf Raises	3 x 20	Need a step or sturdy elevated surface

## Workout#2 Hamstring Focus

Exercise	Sets x Reps	Notes
Russian Leg Curl	4 x 8-12	Use your couch or anything low that you can lock your feet under
Single Leg Romanian Deadlift	4 x 12	
Reverse Hyper	4 x 8-12	Table or sturdy flat surface
Sliding Leg Curl	4 x 12-15	Hinge from the hips, keep the back flat
KB Swing	4 x 12	DB or KB

## Workout #3 Glutes

Exercise	Sets x Reps	Notes
Side Lying Clam	3 x 15	
Glute Bridge	3 x :30	Squeeze & hold at the top
Shoulder Elevated Hip Thrust	3 x 15	Squeeze & hold at the top
Donkey Kick	3 x 15ea	
Side Lying Hip Raise	3 x 10-15	

## Section 5

# HIIT Workout 1 (Beginner)

Exercise	Work Duration	Rest Duration	Option
Squat Jumps	:30	1 min	Bodyweight Squats
Push ups	:30	1 min	Modified on knees
High Knee Sprint	:30	1 min	
Kettlebell Swings	:30	1 min	
Leg Lifts	:30	1 min	
Medicine Ball Slams	:30	1 min	

This workout is a beginner High Intensity Interval Training workout. Before you start, you'll want to get a quick warm up in. Perform a few bodyweight squats, jog on the spot, and/or do some jumping jacks to get the blood pumping. The idea is to go as hard as you can during the :30 rest periods. Don't pace yourself and don't save anything. You have plenty of rest time to recover. You'll complete 3 rounds of this workout.

# HIIT Workout 2 (Intermediate)

Exercise	Work Duration	Rest Duration	Option
Battle Ropes Alt. Waves	:30	:30	
Plyo Push up	:30	:30	Modified or Regular Push ups
Skaters	:30	:30	
Medball Jacks	:30	:30	
Burpees	:30	:30	Squat Thrust

This workout has a 1:1 work/rest ratio. After a quick warm up, you'll get to work. This is a heart pumper! 5 rounds of work to be the most effective.

## Setting Up Your Schedule

Example Workouts						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chest/Triceps	Steady State Cardio 30-45 min	Quads/ Calves	Back/Biceps	Hamstrings	Shoulders	Rest
Quads/ Calves	Back/Biceps	Steady State Cardio 30-45 min	Rest	Hamstrings	Chest/ Shoulders/ Triceps	Rest
HIIT	Quads/ Calves	Chest/ Shoulders	Rest	Glutes/ Hamstrings	HIIT	Back/Biceps
Chest/ Shoulders/ Triceps	Rest	Hamstrings	Back/Biceps	Rest	Quads/ Calves	Cardio Intervals 20-30 min

Above you can see some examples of workout splits. Ultimately, your schedule is up to you. Consistency is key and never take more than two days off in a row (unless you are injured or your body just flat out needs the rest). Add an ab circuit every other day.

Steady State Cardio- maintain the pace for 30-45 min. Walking on an incline treadmill (3-5 incline) is an excellent way to help your body burn fat. You can also use a stair mill or an elliptical, go for a walk or a bike ride.

Cardio Intervals- our favorite here is the rowing machine! Try breaking it up Tabata style. 8 min segments broken down into :20 of work followed by a quick :10 of rest. 4-5 blocks of this prove to be a tremendous full body workout! No rowing machine? Get your running shoes on and let's do this! Sprint for :20, jog for :10. Not ready for that? Sprint for :10, jog for :20.

Section 6

# Healthy Recipes

#1 Glazed Baked Sweet Potato

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PREP TIME 15 mins COOK TIME 45-60 mins TOTAL TIME 1 hour 15 min

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**SERVES: 4**

Ingredients:

- 1 1/2 lbs sweet potatoes, peeled & cut into 1 inch pieces
- 3 tbsp pure maple syrup
- 2 tbsp coconut oil, melted
- 1 1/2 tsp lemon juice
- Salt, black pepper to taste

Directions:

1. Preheat oven to 400°F
2. In a small bowl combine the maple syrup, coconut oil and lemon juice.
3. Place the sweet potatoes in a baking dish and pour the maple syrup mixture over the sweet potatoes.
4. Toss to combine
5. Season to taste with salt and black pepper.
6. Cover with foil and bake in preheated oven for 15 minutes.

7. Uncover and bake, stirring every 15 minutes, until tender & starting to brown, 35-45 minutes more.

Paleo Grubs

## #2 Baked Honey Mustard Chicken

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PREP TIME 15 min    Cook 45 min    Total 1 hour

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**SERVES: 6**

### Ingredients:

6 skinless, boneless chicken breast halves

Salt & Pepper to taste

1/2 cup honey

1/2 cup prepared mustard

1 tsp dried basil

1 tsp paprika

1/2 tsp dried parsley

### Directions:

1. Preheat oven to 350°F
2. Sprinkle chicken breasts with salt & pepper to taste, and place in a lightly greased 9 x 13 inch baking dish. In a small bowl, combine the honey, mustard, basil, paprika, and parsley. Mix well. Pour 1/2 of this mixture over the chicken, and brush to cover.
3. Bake in preheated oven for 30 minutes. Turn chicken over and brush with the remaining 1/2 of the honey mustard mixture. Bake for an additional 10-15 minutes, or until chicken is no longer pink & juices run clear. Let cool 10 minutes before serving.

232 cal; 3.7g Fat; 24.8g Carbs; 25.6g Protein

[All Recipes](#)

