



During this pandemic, we understand that you have no access to the gym, and may have some things at home. With that in mind, we are giving you three options for training, and they are explained below.

Below you will find a week of training.

Everyone has access to different amounts of equipment so we have a few options based off what you have available to you at your home.

One option is assuming you have nothing besides you and normal household items:  
Minimalist Body Weight Only Workout

Another is assuming you have some light weights in the form of dumbbells or kettlebells and bands:  
Light DBs and KBs and Bands

The final one is assuming you are in Method and have access to a power rack:  
Access to a Power Rack, DB, and Bands



Minimalist Body Weight Only Workout		
Day 1	Day 2	Day 3
<p>1 BW Squat 4 sets x 20</p> <p>2. <a href="#">Single Leg Glute Bridge</a> (Foot elevated on chair or couch) x 12 each  <a href="#">Russian Twist</a> x 15 each side +  <a href="#">Plank</a> x 30 sec            X 5</p> <p>3. 12 Minute Density/12 Reps Each:  <a href="#">Reverse Lunge</a> Left  <a href="#">Super Plank</a> (6 total)  <a href="#">Reverse Lunge</a> Right</p> <p>4. 100 reps in as little time as possible            Jump Squats</p>	<p>1. <a href="#">Pushups</a> 4 sets x AMAP</p> <p>2. Dips (off chair/couch/table) 5 sets x 12 + <a href="#">Side Plank</a> 15 sec AR</p> <p>3. Circuit: All x 12 x 3  <a href="#">Jumping Jacks</a>  <a href="#">Straight Leg Sit up</a>            Inch Worms (6 only)                      <a href="#">Burpee</a></p> <p>4. 4 mins 20 on 10 off  <a href="#">Bicycle Crunch</a></p> <p>or</p> <p>If you have access to stationary bike or rower you can do these instead</p>	<p>1. <a href="#">Single Leg Glute Bridge</a> (shoulders on Chair/couch) 4 sets x 15 each side</p> <p>2. Tempo BW Squat 5 sec down 5 sec up x 8  <a href="#">Forward Lunge</a> x 10 each            X 3</p> <p>3. <a href="#">Step-ups</a> x 10 each  <a href="#">Clock Lunge</a> x 2 rotations (8 steps each)            + <a href="#">Shoulder Tap plank</a> x AMAP            X 3</p> <p>4. Ab Finisher 6 mins 40 on 20 off  <a href="#">Hollow Rocks</a>            Flutter kicks</p>



	Light DBs and KBs and Bands	
Day 1	Day 2	Day 3
<p>1. <a href="#">Goblet/Banded Squat</a> 4 sets x 15</p> <p>2. <a href="#">DB/KB Snatch</a> x 12 each  <a href="#">Russian Twist</a> x 15 each side +  <a href="#">Plank</a> x 30 sec            X 5</p> <p>3. 12 Minute Density/12 Reps Each:  <a href="#">Reverse Lunge</a> Left with Band or DB  <a href="#">Super Plank</a> (6 total)  <a href="#">Reverse Lunge</a> Right with Band or DB</p> <p>4. 100 reps in as little time as possible            Jump Squats</p>	<p>1. <a href="#">Overhead Press w/ band or DB</a>            4 sets x AMAP</p> <p>2. Dips (off chair/couch/table) 5 sets x            12 + <a href="#">Side Plank</a> 15 sec AR</p> <p>3. Circuit: All x 12 x 3  <a href="#">Banded Pullaparts</a>  <a href="#">Straight Leg Sit up</a>  <a href="#">HCOP</a>  <a href="#">Banded Rear Delt Fly</a> or DB</p> <p>4. 4 mins 20 on 10 off  <a href="#">Bicycle Crunch</a></p> <p>or</p> <p>If you have access to stationary bike            or rower you can do these instead</p>	<p>1. <a href="#">DB/Band RDL</a> 4 x 20</p> <p>2. Tempo Body weight Squat 5 count            down 5 count up x 8  <a href="#">Forward Lunge</a> x 10 each            X 3</p> <p>3. <a href="#">Banded Pullthrough</a> x 15  <a href="#">Clock Lunge</a> x 2 rotations (8 steps            each)            + <a href="#">Shoulder Tap plank</a> x AMAP            X 3</p> <p>4. Ab Finisher 6 minutes:            40 seconds- 20 seconds off  <a href="#">Hollow Rocks</a>            Flutter kicks</p>



	Access to a Power Rack, DB, and Bands	
Day 1	Day 2	Day 3
<p>1. 1/1000 <a href="#">Pause Squat</a> 2x5 RPE 6 2x5 RPE 7</p> <p>2. <a href="#">Snatch Grip RDL</a> x 8 <a href="#">Russian Twist</a> x 8 each side + <a href="#">Plank</a> x 30 sec X 4</p> <p>3. 10 Minute Density/10 Reps Each: <a href="#">Reverse Lunge</a> Left <a href="#">HCOP</a> (if no DB replace with bands) <a href="#">Reverse Lunge</a> Right</p>	<p>1. <a href="#">Overhead Press</a> 2x8 RPE 6 2x6 RPE 7</p> <p>2. <a href="#">DB Floor Press</a> 4sets x 12 + 8 <a href="#">Pushups</a> AR</p> <p>3. Circuit: All x 12 x 3 <a href="#">Banded Pullaparts</a> + <a href="#">Svend Press</a> + <a href="#">DB Row</a> + <a href="#">HCOP</a> + <a href="#">DB Rear delt flies</a></p> <p>4. 4 minutes 20 seconds on 10 seconds off</p> <p><a href="#">Bicycle Crunch</a></p> <p>or</p> <p>If you have access to stationary bike or rower you can do these instead</p>	<p>1. <a href="#">Deadlift</a> 2x5 RPE 6 2x5 RPE 7</p> <p>2. <a href="#">Front Squat</a> x 8 <a href="#">Forward Lunge</a> x 10 each X 3</p> <p>3. <a href="#">Banded Pullthrough</a> x 12 KB <a href="#">Swings</a> or <a href="#">Single Leg Glute Bridge</a> x 12 + <a href="#">Shoulder Tap plank</a> x AMAP X 3</p>