



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



Use this if you have access to Light DBs and KBs and Bands

Week 2: March 30, 2020		
Day 1 Week 2	Day 2	Day 3
<p>1. <a href="#">Stationary Lunges</a> with weight x 15 each side + <a href="#">Straight Leg Sit up</a> x 8 AR x 4 sets</p> <p>2. <a href="#">Banded Good Morning</a> or use DB/KB x 15 Ball/<a href="#">Banded Hamstring Curls</a> x 15 + Lateral <a href="#">Step-ups</a> x10 each side X 4 sets</p> <p>3. 6 Minute Density x 2 rounds</p> <p>As many rounds as possible (AMRAP)</p> <p><a href="#">Side Plank</a> with tap (R) x 6 reps</p> <p><a href="#">Goblet Squat</a> or <a href="#">Goblet Squat Pressout</a> x 6 reps</p> <p><a href="#">Side Plank</a> w/tap (L) x 6 reps</p> <p>4. 100 reps of <a href="#">Supermans</a></p>	<p>1. DB/KB Banded <a href="#">Floor Press</a> x 8 reps + <a href="#">Deadbug</a> for 8 Breaths AR</p> <p>2. DB/KB Banded <a href="#">Overhead Press</a> x 12 DB/KB <a href="#">Row</a> x 10 reps + <a href="#">Bird dog</a> x 8 reps each side</p> <p>X 4 sets</p> <p>3. Circuit: All x 12 reps x 4 sets</p> <p><a href="#">Shoulder Tap plank</a></p> <p>Floor <a href="#">Tate Press</a></p> <p>DB/Banded <a href="#">Rear Delt Fly</a></p> <p>4. 4 minutes work: 20 seconds on 10 seconds off</p> <p><a href="#">Front Rack March</a></p>	<p>1. DB/Kb/Banded Deadlift 4 sets x 15 reps</p> <p>+ <a href="#">Banded Pullthrough/Swings</a> x 20 AR</p> <p>2. <a href="#">Bulgarian Split Squat</a> 3 seconds + down 3 seconds up x 8 reps + <a href="#">Single Leg Box squat</a> x 10 each side <a href="#">Crunches</a> x 15 reps</p> <p>X 4 sets</p> <p>3. DB/<a href="#">Banded Single Leg Deadlift</a> 12 reps each side + <a href="#">Kneel to Squat</a> x 8 reps each side</p> <p>X 3 sets</p> <p>4. Finisher 6 minutes</p> <p>40 seconds on 20 seconds off</p> <p><a href="#">High knees</a></p> <p>+</p> <p><a href="#">Glute bridge March</a></p>



Use this if you have no equipment

Week 2: March 30, 2020		
Day 1	Day 2	Day 3
<p>1. <a href="#">Stationary Lunges</a> x 15 each side + <a href="#">Straight Leg Sit up</a> x 8 AR x 4 sets</p> <p>2. <a href="#">Elevated Glute Bridge</a> x 15 reps <a href="#">Hardwood Hamstring Curl</a> x 15 reps + Lateral <a href="#">Step-ups</a> x 10 Each Side X 4 sets</p> <p>3. 6 Minute Density x 2 rounds</p> <p><a href="#">Side Plank</a> with tap (R) x 6</p> <p>+</p> <p><a href="#">Jump Squat</a>/Bodyweight Squat x 6</p> <p>+</p> <p><a href="#">Side Plank</a> with tap (L) x 6</p> <p>4. 100 reps of <a href="#">Supermans</a></p>	<p>1. <a href="#">Hand Stand Push Up</a> 4 sets x AMAP (shoot for 10-12) + <a href="#">Deadbug</a> for 8 Breaths AR</p> <p>2. <a href="#">Pushups</a> x 12</p> <p>+ <a href="#">Chair/Table Row</a> x 10</p> <p>+ <a href="#">Bird dog</a> x 8 each side X 4 sets</p> <p>3. Circuit: All x 12 resp x 4 rounds <a href="#">Shoulder Tap plank</a> <a href="#">Dips</a> (off chair/couch/table) <a href="#">Bear Crawl</a></p> <p>4. 4 minutes work</p> <p>20 seconds on 10 seconds off</p> <p><a href="#">Mountain Climbers</a></p>	<p>1. <a href="#">Step-ups</a> 4 sets x 15 each side + <a href="#">Kneeling hip thrust</a> AR x 20</p> <p>2. <a href="#">Bulgarian Split Squat</a> 3 seconds down 3 seconds up x 8 reps + <a href="#">Single Leg Box squat</a> x 10 each side + <a href="#">Crunches</a> x 15 reps X 4</p> <p>3. Body Weight <a href="#">Single Leg Deadlift</a> x 12 each side + <a href="#">Kneel to Squat</a> x 8 each side X 3 rounds</p> <p>4. Finisher 6 minutes 40 seconds on 20 seconds off <a href="#">High knees</a> <a href="#">Glute bridge March</a></p>



Use this if you have access to a Power Rack, DB, and bands

Week 2: March 30, 2020		
Day 1	Day 2	Day 3
<p>1. Squat 2x5 RPE 7 2x5 RPE 8</p> <p>2. <a href="#">Snatch Grip</a> RDL x 8 reps + <a href="#">Russian Twist</a> x 8 each side + <a href="#">Plank</a> x 30 seconds X 5</p> <p>3. 6 Minute Density x 2 rounds <a href="#">Side Plank</a> w/tap (R) x 6 <a href="#">Thruster</a> x 6 <a href="#">Side Plank</a> with tap (L) x 6</p>	<p>1. <a href="#">Overhead Press</a> 2x6 RPE 7 2x5 RPE 8</p> <p>2. <a href="#">DB Floor Press</a> x 12 reps + 8 <a href="#">Pushups</a> AR 5 sets</p> <p>3. Circuit: All x 12 reps x 4 rounds <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 <a href="#">Mountain Climbers</a></p> <p>Or <a href="#">Front Rack March</a></p>	<p>1. <a href="#">Deadlift</a> 2x5 RPE 7 2x4 RPE 8</p> <p>2. <a href="#">Front Squat</a> x 8 reps + <a href="#">Forward Lunge</a> x 10 each X 4 sets</p> <p>3. <a href="#">Banded Pullthrough</a> x 12 reps + KB <a href="#">Swings</a> or <a href="#">Single Leg Glute Bridge</a> x 12 reps + <a href="#">Shoulder Tap Plank</a> x AMAP X 3 rounds</p> <p>4. Finisher 6 minutes 40 seconds on 20 seconds off <a href="#">High knees</a> <a href="#">Glute bridge March</a></p>

**TOTAL PERFORMANCE**  
**METHOD**