



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

Workouts below are for week of April 6, 2020



Use this if you have no equipment

Week 3	Minimalist Body Weight	
Day 1	Day 2	Day 3
<ol style="list-style-type: none"> 1. BGSS x 12 each + Shoulder Tap plank x 10 each x 5 rounds 2. Nordic Leg Curl x AMAP or Hardwood Hamstring Curl x 10-15 + Single Leg Glute Bridge (Foot elevated on chair or couch) x 15 each + Rows (whatever you've got) x 20 each x 4 rounds 3. 12 minutes AMRAP: Mountain Climbers x 12 each + BW squat x 12 + Russian Twist x 12 each + Push Ups x 12 	<ol style="list-style-type: none"> 1. 25 or 50 or 100 total: Push Ups in as few sets as possible (choose total based off strength) + Deadbug x 8 each AR 2. TGU x 1 each + Chair/Table Row x AMAP + Pushup hold x ALAP + Leg Lifts x 10 x 5 rounds 3. 15 minutes total time: 30 seconds on 30 seconds off: Burpee + Jumping Jack w/ squat + Inchworms 	<ol style="list-style-type: none"> 1. Tempo Squat 5 down 5 up x 10+ Lateral Lunge x 8 each + Straight Leg Sit up x 12 x 4 rounds 2. Reverse Lunge with press out x 10 each + Superplank x 10 + Squat Hold with press out x 20 x 4 rounds 3. 5 rounds As Fast as Possible (AFAP): Elevated Glute Bridge x 20 + Plank x 30 seconds + Jump Squat x 20 + Hollow Rock x 20



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

Week 3	DB/Kb Band option	
Day 1	Day 2	Day 3
<ol style="list-style-type: none"> 1. BGSS x 12 each + Shoulder Tap plank x 10 each x 5 rounds 2. Nordic Leg Curl x AMAP or Ball/banded Leg Curl x 10-15 + DB/Band RDL x 25 each + Rows x 20 each x 4 rounds 3. 12 minutes AMRAP: Mountain Climbers x 12 each + BW squat x 12 + Russian Twist x 12 each + Push Ups x 12 	<ol style="list-style-type: none"> 1. 25 or 50 or 100 total Push Ups in as few sets as possible (choose total based off strength) + Deadbug x 8 each AR 2. TGU x 1 each + Lat Pullover x 20 + DB Floor Press x 20 + Leg Lifts x 10 x 5 rounds 3. 15 minutes total time: 30 seconds on 30 seconds off: Mini Band Pull Apart + OH Tricep Extension + Lateral Raises 	<ol style="list-style-type: none"> 1. Tempo KB/DB deadlift 5 down 5 up x 10 + Lateral Lunge x 8 each + Straight Leg Sit up x 12 x 4 rounds 2. Reverse Lunge with Press Out x 10 each + Superplank x 10 + Pullthrough x 20 x 4 rounds 3. 5 rounds AFAP: Elevated Glute Bridge x 20 + Plank x 30 seconds + Jump Squat x 20 + Hollow Rock x 20



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

Week 3	Access to a Power Rack, DB, and bands	
Day 1	Day 2	Day 3
<ol style="list-style-type: none"> 1. Squat 5 sets x 5 reps RPE 7 2. Nordic Leg Curl x AMAP or Ball/banded Leg Curl x 10-15 + DB/Band RDL x 25 each + Rows x 20 each x 4 rounds 3. 12 minute AMRAP: Mountain Climbers x 12 each + Goblet Squat x 12 + Russian Twist x 12 each + Push Ups x 12 	<ol style="list-style-type: none"> 1. Overhead Press or Floor Press 6 sets x 6 reps RPE 7 2. TGU x 1 each + Lat Pullover x 20 + DB Floor Press x 20 + Leg Lifts x 10 x 5 rounds 3. 15 minutes total time: 30 seconds on 30 seconds off: Mini band pull apart + OH Tricep Extension + Lateral Raises 4. 15 minutes: 30 seconds on 30 seconds off: Mini band pull apart + OH Tricep Extension + Lateral Raises 	<ol style="list-style-type: none"> 1. Deadlift w/ Pause at Knee 6 sets x 4 reps RPE 7 2. Reverse Lunge with Press Out x 10 each + Superplank x 10 + Pullthrough x 20 x 4 rounds 3. 5 rounds AFAP: Elevated Glute Bridge x 20 + Plank x 30 seconds + Jump Squat x 20 + Hollow Rock x 20

**TOTAL PERFORMANCE
METHOD**