



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 13, 2020



Week of April 13, 2020	Minimalist Body Weight	
Week 4 Day 1	Day 2	Day 3
<p>1 BW Squat x 20 + <a href="#">Drag Across Plank</a> x 5 each AR</p> <p>X 5 sets</p> <p>2. <a href="#">Single Leg Glute Bridge</a> with 3 count hold at top (Foot elevated on chair or couch) x 10 each +</p> <p><a href="#">Russian Twist</a> x 10 each side +</p> <p><a href="#">Rows</a> x 20 each X 5 sets</p> <p>3. 12 Minute Density/12 Reps Each:  <a href="#">Reverse Lunge</a> Left  <a href="#">T-Push up</a> x 6 each  <a href="#">Reverse Lunge</a> Right</p> <p>4. 100 reps in as little time as possible  <a href="#">Jump Squats</a></p>	<p>1. <a href="#">Pushups</a> x 30 seconds +</p> <p><a href="#">McGill Crunch</a> x 10 each AR</p> <p>(see if you can get 100 pushups total)</p> <p>X 5 sets</p> <p>2. <a href="#">Dips</a> (off chair/couch/table) x 2 reps shy of failure + <a href="#">Side Plank</a> x 15 sec A/R</p> <p>X 5 sets</p> <p>3. Circuit: x 3 rounds</p> <p><a href="#">Chair/Table Row</a> with 3 second hold at top x 12 +  <a href="#">Straight Leg Sit Up</a> x 12 +</p> <p><a href="#">Inch Worms</a> x 6 + <a href="#">Burpee</a> x 12</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 that instead</p>	<p>1. <a href="#">Single Leg Glute Bridge</a> (shoulders on chair/couch) x 15 each side +</p> <p>10 <a href="#">Crunches</a> x 5 sets</p> <p>2. Tempo BW Squat:  3 seconds down/3 seconds up x 12  +  <a href="#">Front Foot Elevated Lunge</a> x 10 each  X 4 sets</p> <p>3. <a href="#">Step-ups</a> x 10 each +  Single Leg <a href="#">Hamstring Curl</a> x 10 each + <a href="#">Knee to Elbow Plank</a> x 10 each  X 3 rounds</p> <p>4. Ab Finisher 6 minutes  40 seconds on 20 seconds off  Alternate between  <a href="#">Hollow Rocks</a> &amp; <a href="#">Flutter kicks</a></p>



	Light DBs and KBs and Bands	
Week 4 Day 1	Day 2	Day 3
<p>1. <a href="#">Goblet Squat</a> x 15 + <a href="#">Drag Across Plank</a> x 5 each AR x 5 sets</p> <p>2. <a href="#">Single Leg Glute Bridge</a> with 3 count hold at top (<i>Foot elevated on chair or couch</i>) x 10 each + <a href="#">Russian Twist</a> x 10 each side +</p> <p><a href="#">Rows</a> x 20 each X 5 sets</p> <p>3. 12 Minute Density/12 Reps Each:  <a href="#">Reverse Lunge</a> Left  <a href="#">DB/KB Snatch</a> Left  <a href="#">Reverse Lunge</a> Right  <a href="#">DB/KB Snatch</a> Right</p> <p>4. 100 reps in as little time as possible  <a href="#">Jump Squats</a></p>	<p>1. <a href="#">DB Floor Press</a> x 30 seconds + <a href="#">McGill Crunch</a> x 10 each AR (<i>see if you can get 100 reps on the press</i>)</p> <p>x 5 sets</p> <p>2. <a href="#">Rolling Tricep Extension</a> x 2 reps shy of failure + <a href="#">Side Plank x</a></p> <p>15 seconds AR x 5 sets</p> <p>3. Circuit: All x 12 reps x 3 rounds</p> <p><a href="#">Seated Banded Row</a> with 3 second hold at top + <a href="#">Straight Leg Sit Up + HCOP</a> + <a href="#">Banded Rear Delt Fly</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="#">DB/Band RDL</a> x 20 +</p> <p><a href="#">Crunches</a> x 10 AR x 5 sets</p> <p>2. Tempo Squat:            3 seconds down 3 seconds up x 12 + <a href="#">Front Foot Elevated Lunge</a> x 10 each X 4 sets</p> <p>3. <a href="#">Banded Pullthrough</a> x 15 + Single Leg <a href="#">Hamstring Curl</a> x 10 each + <a href="#">Knee to Elbow Plank</a> x 10 each X 3 rounds</p> <p>4. Ab Finisher 6 minutes            40 seconds on 20 seconds off            Alternate between <a href="#">Hollow Rocks</a> &amp; <a href="#">Flutter kicks</a></p>



	Access to a Power Rack, DB, and Bands	
Week 4 Day 1	Day 2	Day 3
<p>1. 2/1000 <a href="#">Pause Squat</a> 2x4 RPE 7 2x3 RPE 8</p> <p>2. Sumo <a href="#">RDL</a> x 8 + <a href="#">Russian Twist</a> x 10 each side + <a href="#">Rows</a> x 10 each X 4 rounds</p> <p>3. 10 Minute Density/10 Reps Each: <a href="#">Reverse Lunge</a> Left <a href="#">DB/KB Snatch</a> Left <a href="#">Reverse Lunge</a> Right <a href="#">DB/KB Snatch</a> Right</p>	<p>1. <a href="#">Overhead Press</a> 2x6 RPE 7 2x3 RPE 8</p> <p>2. <a href="#">Rolling Tricep Extension</a> x 2 reps shy of failure + <a href="#">Side Plank</a> x 15 seconds AR x 5 sets</p> <p>3. Circuit: All x 12 reps x 3 rounds  <a href="#">Seated Banded Row</a> with 3 second hold at top + <a href="#">Straight Leg Sit Up</a> + <a href="#">HCOP</a> + <a href="#">Banded Rear Delt Fly</a></p> <p>4. 4 minutes: 20 seconds on 10 seconds off  <a href="#">Bicycle Crunch</a>  or  If you have access to stationary bike or rower you can do these instead</p>	<p>1. <a href="#">Deadlift</a> 2x4 RPE 7 2x3 RPE 8</p> <p>2. <a href="#">Front Squat</a> x 8 <a href="#">Front Foot Elevated Lunge</a> x 10 each X 4 sets</p> <p>3. <a href="#">Banded Pullthrough</a> x 12 + KB <a href="#">Swings</a> or Single Leg <a href="#">Hamstring Curl</a> x 12 + <a href="#">Knee to Elbow Plank</a> x 10 each X 3 rounds</p> <p>4. Ab Finisher 6 minutes 40 seconds on 20 seconds off Alternate between <a href="#">Hollow Rocks</a> &amp; <a href="#">Flutter kicks</a></p>