NEVER MISS A WORKOUT

Home based HIGH INTENSITY workouts
by Results Fitness

results-fitness.com
WORK OUT #1 – TOTAL WORKOUT TIME IS 30-36 MIN

Let’s Kick off this Workout with a Core Circuit

1. Plank – 60s
   60s rest

2. Side plank L – 30s
   60s rest

3. Side plank R – 30s
   60s rest

4. Bird dog – 4x15s hold ea side (2mins)
   60s rest

Let’s move on to strength!

This rule are simple. You get 1 minute to complete the reps of each exercise. Perform the reps and rest for the remainder of the minute.

Perform 2-3 Rounds depending on your fitness level

Let’s do this. Start the clock!

12 x Squat (or jump squat)
rest remainder of minute

12 x Squat (or jump squat)
rest remainder of minute

Rest one additional minute

12 x Push ups (or push ups against the couch)
rest remainder of minute

12 x Push ups (or push ups against the couch)
rest remainder of minute

Rest one additional minute

DONE! Great Job!
WORK OUT #2

Let’s start with a Core Circuit

1. Feet elevated front plank – 30-45s
2. Side plank – 30-45s ea

60s rest

Now for some strength!

The rules are simple. Perform 10 reps of each exercise.
Then 8 reps, 6 reps, 4 reps and finally 2 reps of each for 5 Rounds

Rest ONE MINUTE after each round

ROUND 1: STRENGTH CIRCUIT

1. Reverse lunge (L/R)
2. Push Up
3. Mountain climber (L/R)

And round 2 of strength

Same Rules. Perform 10 reps of each exercise.
Then 8 reps, 6 reps, 4 reps and finally 2 reps of each for 5 Rounds.

Rest ONE MINUTE after each round

Round 2: STRENGTH CIRCUIT

1. Single leg deadlift (L/R)
2. Lateral squat (L/R)
3. Bird dog (L/R)

DONE! Great Job!
I hope you enjoy your workouts!

Looking for more support? Find out how we can help you on our website.

results-fitness.com