

Workouts at home - March 18th, 2020

Warm up routine: 4 steps to deliver a great workout

- a) Foam roller, identify the soreness muscles and spend some time on them
- b) Mobility <https://youtu.be/R3WDe7byUXo>
- c) Core warm up: <https://youtu.be/w4yH1S6qq8I>
- d) Breathing: <https://youtu.be/a9uyW1tXEbM>

1) Core challenge circuit training:

- 1.1) 6 sets of 20seconds Tuck L sit between 2 chairs, 20 seconds off between set**
Rest 3 minutes
- 1.2) 10 minutes with no break:**
20sec Hollow body
20sec climber core
20sec plank
10 burpees
Rest 3 minutes
- 1.3) Shoulder functional movement elastic band:**
https://youtu.be/6Zrj3Y4P_eQ
- 1.4) Cool down: stretching core- shoulders- hamstrings**

2) Gymnastic skill challenge circuit training:

- 2.1) 3 sets with no break (you need 2 dumbbells, water bottles, rocks...)**
Walk 10 meters with overhead left hand with 1 dumbbell
20 seconds side plank on the left side
Walk 10 meters with overhead right hand with 1 dumbbell
20 seconds side plank on the right side
Walk 10 meters with overhead both hands with dumbbells
20 seconds handstand against a wall- Scale: 20 seconds plank
Rest 3 minutes
- 2.2) 4 sets 30 seconds off between each set**
On the floor 6 back extension "flying"
10 seconds handstand
On the floor 6 back extension with a stick

20 seconds squat jump

Rest 3 minutes

2.3) 8 minutes with no break

6 push up

6 lunges

6 row (use TRX, straps, A table...)

2.4) Cool down: stretching

3) Aerobic power challenge circuit training

8 sets with no break. Objective the fastest you can do it with a good form

12 burpees

12 lunges

12 push up

12 Row (use TRX, straps, A table...)

4) TRX circuit training:

10 sets of 30 seconds work 15 seconds off with TRX only (2 straps will work)

Squat jump

Split squat

Chest fly

Triceps extension

Row

Single arm row

5) Animal walk challenge circuit training:

<https://youtu.be/14BjRxE7f1o>

25 minutes of work out with the minimum of rest, working the balance, coordination, deep muscles and capacity aerobic. Each exercise back and forth!

10 meters Duck walk

10 meters Sneaking ape

10 meters crab walk

10 meters chameleon

10 meters crouching tiger