



AT HOME WORKOUT PROGRAM

by MissFitAndNerdy



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Demos

Video demonstrations for all exercises and the complete workouts can be found in **[THIS VIDEO](#)**

Do each workout once per week or cycle through them, doing a workout every other day.

Try to have one day of rest between each workout.

On rest days, do mobility, yoga, hiking, etc

Frequency

Rest 45-90 seconds between sets and between exercises.

These are not circuit workouts. Complete all sets of each exercise before moving on to the next one.

Rest

This program requires only a set of resistance bands. You can purchase a complete set [here](#).

Equipment

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Bulgarian Split Squat	3 x 8-15
Single Leg Hip Thrust	3 x 8-15
Banded Good Morning	3 x 8-15
Front Plate Raise	3 x 10-15
Banded Chest Fly	3 x 10-15
Banded Lat Pulldown	3 x 8-12
Standing Banded Kickback	3 x 8-12
Slow Russian Twist	3 x 15-20

Workout 1

Workout 2

Pistol Squats	3 x 6-12
Regression: Skater Squats	
Regression: Single Leg Box Squats	
Walking Lunges	3 x 8-12
Single Leg Hamstring Press	3 x 8-15
Banded Arnold Press	3 x 8-12
Push up	3 x 8-12
Single Arm Banded Row	3 x 8-15
Frog Pumps	3 x 15-20
Lying Leg Raises	3 x 10-20

Goblet Sumo Squat	3 x 8-15
Overhead Reverse Lunges	3 x 8-12
Banded Overhead Press	3 x 8-12
Incline Push Up	3 x 8-12
Bent Over Row	3 x 8-12
Standing Abductions	3 x 8-15
Reverse Crunches	3 x 8-20

Workout 3