



**HOME
WORKOUTS**

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10 burpees
20 press ups
30 shoulder taps
40 lunges in total
50 squats
40 lunges in total
30 shoulder taps
20 press ups
10 burpees

**10 press ups (-1 each
round)
30 sec plank
10 mountain climbers
each leg**

**10 plank to press (-1
each round)
20 sec high plank
10 mountain climbers
each leg**

**20 x v sit-ups
20 x butterfly's sit ups
20 x normal sit ups
X 5 rounds**

**5 rounds
20 bw squats
30 sec plank
20 goblet squats**

**5 rounds
10 bw squats
30 sec High plank
20 squat into press**

6 mins of work

30 seconds burpees

30 seconds squats

30 seconds plank

Repeat till you hit 6 mins!

3 mins rest time

X 3 rounds

120 burpees

Every time you stop

12 overhead squats

10 sit ups

8 press ups

20-18-16-14-12-10
Hr press ups
Reverse lunges (each
side)

5 burpees in between
each round

100 Burpees for time

12 mins on the clock
2-4-6-8-10...reps

Keep adding 2 reps to
each exercise

Jump squat
Jump lunge

20 - 10
(-2 each round)

Bench Dips
Press Ups
Shoulder Taps

Lateral squats x 20 in
total
Static lunges x 20 in total
Wall sit x 20 seconds

X 5

Deck of Cards Workout

Pick a card and do the exercise below with the number of reps being the number on the card

Hearts: Burpees

Clubs : Press ups

Diamond : Jump squats

Spades : Sit up

King : 20 lunges forward

Queen : 20 reverse lunges

Jack : 50 x mountain climbers

Ace : 50 x shoulder taps in total

**Burpees - 30-25- 20-15-
20 -25-30**

**In between each round
10 Press Ups
30 seconds Plank Hold**

20 minute EMOM workout

**Every minute you do the
exercise then rest the rest of
the minute**

**(Only one exercise in the
minute)**

Minute 1: 10 Burpess

Minute 2: 30 Lunges in total

Minute 3: 20 Press Ups

Minute 4: 20 Jump Squats

12 minutes on the clock

**40 seconds on/20 seconds off of each
exercise:**

Burpee

Squat

Mountain climbers

Press Up

Alternate Lunges

V sit ups

**Squats - 30-25- 20-15- 20
-25-30**

**In between each round
10 Lunges each leg
20 seconds Squat Hold
(at the bottom)**

NHS tribute workout

5 Burpees

7 Press ups

19 Sit Ups

48 Squats

x 12 rounds

10 min timer

4-8-12-16-20

**Keep again 2 reps each
round**

**Jumping jacks
Shoulder taps
Lunges**

100 Squats

100 Lunges

100 Pressups

**Every time you stop 5
burpees**

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