

## Beginner Home Workout Program

<b>Week 1</b>	
Monday	20 min AMRAP: 5 push-ups, 10 squats, 15 sit-ups
Wednesday	3 rds: 400m run, 15 burpees
Friday	5 rds: 20 Lat Pulls (10 each side), 20 lunge steps, 20 sit-ups
Sat/Sun	Jog/Run 1 mile continuous

<b>Week 2</b>	
Monday	150/50-120/40-90/30-60/20-30/10: Jump Rope/Sit-ups
Wednesday	Tabata Squats, tabata Push-ups, tabata Lat Pulls, then Run 800 m, then Tabata each exercise again...
Friday	21-15-9: handstand push-ups/box jumps, then 50 burpees
Sat/Sun	Jog/Run 1 mile continuous

<b>Week 3</b>	
Monday	200m run, 21-15-9: squats, push-ups, lat pulls, 200m run
Wednesday	Deck of Cards: Hearts=leg-ups, diamonds=mountain climbers, spades=flutterkicks, clubs=sit-ups, face cards=10, aces=15, Jokers=15 burpees
Friday	4 rds: 400m run, 100 jump rope
Sat/Sun	jog/Run 800m, 50 squats, jog/run 800m

<b>Week 4</b>	
Monday	20 min AMRAP: 5 burpees, 10 lunge steps, 15 squats
Wednesday	Run 800 m, 5 rds: 10 puhs-ups/10 lat pulls, run 800 m
Friday	100/20-75/15-50/10-25/5: jump rope/lateral burpee jumps
Sat/Sun	Jog/Run 1 mile continuous

<b>Week 5</b>	
Monday	12 min AMRAP: run 200m, 20 squats, 10 lunges
Wednesday	8 min AMRAP: 8 burpees, 8 mountain climbers
Friday	20 min AMRAP: 400m run, max push-ups
Sat/Sun	Jog/Run 1 mile continuous

<b>Week 6</b>	
Monday	20 min AMRAP: 5 push-ups, 10 squats, 15 sit-ups
Wednesday	150/50-120/40-90/30-60/20-30/10: Jump Rope/Sit-ups
Friday	Deck of Cards: Hearts=leg-ups, diamonds=mountain climbers, spades=flutterkicks, clubs=sit-ups, face cards=10, aces=15, Jokers=15 burpees
Sat/Sun	Run 1 mile for time.