

# At Home Workout

5 Days a Week

3 times with  
exercises in slides

2 days- light  
exercise (Run, walk,  
swim, jog, or bike  
ride)

# Week 1- Day 1

## Workout Breakdown



1 WARM-UP • 10mins

2 HIIT CIRCUIT • 7mins • Repeat 3 times

1 Sumo Squats x 30



2 Walking Lunges x 30 • 15 each side



3 High Knees x 60 • 40 each side



4 Glute Kickbacks x 40 • 20 each side



5 Side Jacks x 40 • 20 each side



6 Glute Bridges x 30



7 Glute Lunges x 40 • 20 each side



Keep repeating the last exercise until you reach 7mins

3 REST (between each HIIT Circuit) • 3mins • Begin HIIT Circuit again

4 COOL DOWN • 10mins

# Week 1- Day 2



1 WARM-UP • 10mins

2 HIIT CIRCUIT • 7mins • Repeat 3 times

1 Push Ups on Incline x 25



2 Ankle Taps x 40 • 20 each side



3 Superman x 25



4 Plank Jacks x 30



5 V Sit Ups x 25



6 Shoulder Fly x 30  
Recommended weight: 1-2lbs / 0.5-1kgs



7 Side Shuffles with High Knee Hold x 40 • 20 each side



16ft / 5m



Keep repeating the last exercise until you reach 7mins

3 REST (between each HIIT Circuit) • 3mins • Begin HIIT Circuit again

4 COOL DOWN • 10mins

# Week 1- Day 3

1 WARM-UP • 10mins

2 POWER-UP HIIT CIRCUIT • 6mins



1 Jump Lunges x 12



2 V Sit Ups x 12



Keep rotating through these exercises for 6mins

4 Plank Jacks x 12



3 Glute Lunges x 12



3 COOL DOWN • 10mins

# Week 2- Day 1

1 WARM-UP + 10mins

2 HIIT CIRCUIT + 7mins + Repeat 3 times

1 Ski Moguls x 30 + 15 each side



2 Mountain Climbers x 50 + 25 each side



3 Glute Bridges x 30



4 2 Point Plank (hold 10sec) x 6 + 3 each side



5 Squats with Side Lift x 24 + 12 each side



6 Glute Lunges x 40 + 20 each side



7 Side Shuffles with High Knee Hold x 30 + 15 each side



Keep repeating the last exercise until you reach 7mins.

3 REST (between each HIIT Circuit) + 3mins + Begin HIIT Circuit again

4 COOL DOWN + 10mins

# Week 2- Day 2



1 WARM-UP • 10mins

2 HIIT CIRCUIT • 7mins • Repeat 3 times

1 Side Jacks x 40 • 20 each side



2 Push Ups on Incline x 30



3 Ab Bikes x 40 • 20 each side



4 Tricep Dips x 25



5 Plank Rotations x 40 • 20 each side



6 Bicep Curls & Shoulder Press x 30  
Recommended weight: 2-4lbs / 1-2kgs



7 Side Shuffles x 30 • 15 each side



←----->  
16ft / 5m - Touch the ground



Keep repeating the last exercise until you reach 7mins

3 REST (between each HIIT Circuit) • 3mins • Begin HIIT Circuit again

4 COOL DOWN • 10mins

# Week 2- Day 3

1 WARM-UP • 10mins

2 POWER-UP HIIT CIRCUIT • 6mins



1 Ski Moguls x 12



2 V Sit Ups x 12



Keep rotating through these exercises for 6mins.

4 Side Jacks x 12



3 Push Ups on Incline x 12



3 COOL DOWN • 10mins

# Week 3- Day 1



1 WARM-UP • 10mins

2 HIIT CIRCUIT • 7mins • Repeat 3 times

1 Frog Jumps x 30



2 Alternating Side Lunges x 40 • 20 each side



3 Squats with Side Lift x 24 • 12 each side



4 Plank Jacks x 40



5 Half Burpees x 30



6 Glute Bridges x 30



7 High Knee Skips x 1min • Reach at least 6 Drops



Keep repeating the last exercise until you reach 7mins

3 REST (between each HIIT Circuit) • 3mins • Begin HIIT Circuit again

4 COOL DOWN • 10mins



# Week 3- Day 2

1 WARM-UP • 10mins

2 HIIT CIRCUIT • 7mins • Repeat 3 times

1 Push Ups on Incline x 25



2 Butterfly Kicks x 50 • 25 each side



3 V Sit Ups x 25



4 Down Dog V Press x 24



5 Mountain Climbers x 50 • 25 each side



6 Shoulder Fly x 30  
Recommended weight: 1-2lbs / 0.5-1kg



7 Sumo Squats x 30



Keep repeating the last exercise until you reach 7mins

3 REST (between each HIIT Circuit) • 3mins • Begin HIIT Circuit again

4 COOL DOWN • 10mins

# Week 3- Day 3

1 WARM-UP • 10mins

2 POWER-UP HIIT CIRCUIT • 6mins • Repeat 2 times



1 Alternating Side Lunges x 12



2 Down Dog V Press x 12



Keep rotating through these exercises for 6mins

4 Butterfly Kicks x 12



3 Frog Jumps x 12



3 REST (between each Power-Up Circuit) • 3mins • Begin Power-Up Circuit again

4 COOL DOWN • 10mins

# Week 4- Day 1

1 WARM-UP • 10mins

2 HIIT CIRCUIT • 7mins • Repeat 3 times

1 Sumo Squats x 30



2 Walking Lunges x 30 • 15 each side



3 High Knees x 1min • Reach at least 70reps



4 Glute Kickbacks x 40 • 20 each side



5 Bench Hops x 40 • 20 each side



6 Glute Lunges x 50 • 25 each side



7 Squats with Front Kick x 40 • 20 each side



Keep repeating the last exercise until you reach 7mins

3 REST (between each HIIT Circuit) • 3mins • Begin HIIT Circuit again

4 COOL DOWN • 10mins

# Week 4- Day 2

1 WARM-UP • 10mins

2 HIIT CIRCUIT • 7mins • Repeat 3 times

1 Sumo Squats x 30



2 Walking Lunges x 30 • 15 each side



3 High Knees x 1min • Reach at least 70reps



4 Glute Kickbacks x 40 • 20 each side



5 Bench Hops x 40 • 20 each side



6 Glute Lunges x 50 • 25 each side



7 Squats with Front Kick x 40 • 20 each side



Keep repeating the last exercise until you reach 7mins

3 REST (between each HIIT Circuit) • 3mins • Begin HIIT Circuit again

4 COOL DOWN • 10mins

# Week 4- Day 3

1 WARM-UP • 10mins

2 POWER-UP HIIT CIRCUIT • 6mins



1 Jump Lunges x 12



2 Bench Hops x 12



Keep rotating through these exercises for 6mins

4 Mountain Climbers x 12



3 High Knee Skips x 12



3 COOL DOWN • 10mins

# Week 5- Day 1

1 WARM-UP • 10mins

2 HIIT CIRCUIT • 7mins • Repeat 3 times



1 Ski Moguls x 30 • 15 each side



2 Mountain Climbers x 50 • 25 each side



3 Glute Bridges x 30



4 2 Point Plank (hold 10sec) x 6 • 3 each side



5 Squats with Side Kick x 30 • 15 each side



6 Glute Lunges x 40 • 20 each side



7 Side Shuffles with High Knee Hold x 30 • 15 each side



Keep repeating the last exercise until you reach 7mins

3 REST (between each HIIT Circuit) • 3mins • Begin HIIT Circuit again

4 COOL DOWN • 10mins

# Week 5- Day 2

1 WARM-UP • 10mins

2 HIIT CIRCUIT • 7mins • Repeat 3 times



1 Bench Hops x 40 • 20 each side



2 Push Ups x 30



3 Ab Bikes x 40 • 20 each side



4 Tricep Dips x 30



5 Plank Rotations x 40 • 20 each side



6 Bicep Curls & Shoulder Press x 30  
Recommended weight: 2-4lbs / 1-2kgs



7 Side Shuffles x 30 • 15 each side



←----->  
16ft / 5m - Touch the ground



Keep repeating the last exercise until you reach 7mins

3 REST (between each HIIT Circuit) • 3mins • Begin HIIT Circuit again

4 COOL DOWN • 10mins

# Week 5- Day 3

1 WARM-UP • 10mins

2 POWER-UP HIIT CIRCUIT • 6mins



1 Ski Moguls x 12



2 Squats with Side Kick x 12



Keep rotating through these exercises for 6mins

4 Side Jacks x 12



3 Plank Rotations x 12



3 COOL DOWN • 10mins