

AT HOME PROGRAM  
**FULL BODY STRENGTH**  
ROUTINE

**MOVEMENT**

**A1.** Pseudo Planche Push Up

**A2.** Slider Hamstring Curl

**A3.** Reverse Plank Extension

Rest 45 sec between exercises, 90 sec between rounds.

**B1.** Home Bodyweight Row

**B2.** Shrimp Squat

**B3.** Lying Leg Raise

Rest 45 sec between exercises, 90 sec between rounds.

**REPS**

3-5 x 6-8 reps @ (4-0-1-0)

3-5 x 6-8 reps @ (4-0-1-0)

3-5 x 10-12 reps @ (1-0-1-2)

3-5 x 6-8 reps @ (4-0-1-0)

3-5 x 6-8 reps per side @ (4-0-1-0)

3-5 x 10-12 reps @ (2-1-1-0)

AT HOME PROGRAM  
**FULL BODY ISOMETRIC**  
ROUTINE

**MOVEMENT**

**A1.** Pike Handstand Hold

**A2.** Natural Hamstring Curl Hold

**A3.** Support / Tuck L-Sit Hold

Rest 30 sec between exercises, 90 sec between rounds.

**B1.** Tri-Pause Bodyweight Row

**B2.** Single Leg Wall Sit

**B3.** Oblique Plank

Rest 30 sec between exercises, 90 sec between rounds.

**REPS**

3-5 x 30-40 secs

3-5 x 30-40 secs

3-5 x 30-40 secs

3-5 x 1-2 reps @ (3x10s)

3-5 x 20-30 secs per side

3-5 x 20-30 secs per side

AT HOME PROGRAM  
**FULL BODY MASS GAIN**  
ROUTINE

**MOVEMENT**

**A1.** Pike Push Up

3-5 x 4-6 reps @ (4-0-1-0)

**A2.** Diamond Push Up

3-5 x 8-12 reps @ (3-0-1-1)

**A3.** Cyclist Squat

3-5 x 10-12 reps @ (3-1-1-0)

Superset A1-A2, 60 sec between A2-A3 and 100 sec between rounds.

**B1.** Front Lever Row

3-5 x 4-6 reps @ (4-0-1-0)

**B2.** Supinated Bodyweight Row

3-5 x 8-12 reps per side @ (3-0-1-1)

**B3.** Reverse Hyperextension

3-5 x 10-12 reps @ (2-0-1-2)

Superset B1-B2, 60 sec between B2-B3 and 100 sec between rounds.

AT HOME PROGRAM  
**UPPER BODY MASS GAIN**  
ROUTINE

**MOVEMENT**

**A1.** Pike Push Up

3-5 x 4-6 reps @ (4-0-1-0)

**A2.** Diamond Push Up

3-5 x 8-12 reps @ (3-0-1-1)

**A3.** Front Lever Row

3-5 x 4-6 reps @ (4-0-1-0)

**A4.** Supinated Bodyweight Row

3-5 x 8-12 reps @ (3-0-1-1)

Superset A1-A2, 60 sec between A2-A3, superset A3-A4 and 100 sec between rounds.

AT HOME PROGRAM  
**LOWER BODY MASS GAIN**  
ROUTINE

**MOVEMENT**

**A1.** Shrimp Squat

**A2.** Cyclist Squat

**A3.** Slider Hamstring Curl

**A4.** Reverse Hyperextension

Superset A1-A2, 60 sec between A2-A3, superset A3-A4 and 100 sec between rounds.

**REPS**

3-5 x 4-6 reps per side @ (4-0-1-0)

3-5 x 8-12 reps @ (3-1-1-0)

3-5 x 4-6 reps @ (4-0-1-0)

3-5 x 8-12 reps @ (2-0-1-2)

FOLLOW ALONG  
**DYNAMIC FLEXIBILITY**  
ROUTINE

MOVEMENT	REPS
1. Head Nods	5 reps
2. Breath Extensions	5 reps
3. Child Pose	20 secs
4. Thread The Needle	5 reps per side
5. Overhead Cat Cow	5 reps
6. McKenzie Push Up	5 reps
7. Upward Dog	20 sec
8. Table Top Quad Stretch	3 reps per side
9. Walking Downward Dog	10 reps per side
10. Hip Swivels	5 reps per side
11. 90:90 Glute Hinges	5 reps per side
12. Kneeling Hamstring Rocks (Right)	10 reps
13. Hip Flexor Lunge Extensions (Left)	10 reps
14. Lying Knee Drops	5 reps per side
15. Kneeling Hamstring Rocks (Left)	10 reps
16. Hip Flexor Lunge Extensions (Right)	10 reps
17. Standing Pancake Twists	3 reps per side
18. Prayer Squats	5 reps

FOLLOW ALONG  
**PNF FLEXIBILITY**  
ROUTINE

MOVEMENT	REPS
1. Breath Circles	5 reps
2. Shoulder Extension Reach	30 secs
3. German Sit	30 secs
4. Downward Dog	10 secs
5. Upward Dog	10 secs
6. Prone Shoulder Flexion Lifts	3 reps (5 secs)
7. Elevated Prone Butchers Block	30 secs
8. Cat Stretch	10 secs
9. Walking Downward Dog	10 reps per side
10. Pigeon Twists	3 reps (10 secs) per side
11. Pike Ground Push	3 reps (5 secs)
12. Squat To Pike	5 reps
13. Hip Flexor Lunge Leg Curl (Right)	3 reps (5 secs)
14. Hip Flexor Bent Leg Lunge (Right)	30 secs
15. Hip Flexor Lunge Leg Curl (Left)	3 reps (5 secs)
16. Hip Flexor Bent Leg Lunge (Left)	30 secs
17. Standing / Seated Pancake Reach	3 reps (5 secs)
18. Pancake Stretch	30 secs
19. Tailor Pose Contrast Contract	3 reps (5 secs) per side
20. Tailor Pose Stretch	30 secs

FOLLOW ALONG  
**RELAXED FLEXIBILITY**  
ROUTINE

**MOVEMENT**

1. Sleeper Stretch
2. Lying Butterfly Pose
3. Halasana
4. Chest Supported Frog Pose
5. Supported Hip Flexor Lunge
6. Lying Wall Hamstring Pose

**REPS**

120 secs per side  
10 breaths  
5 breaths  
10 breaths  
6 breaths per side  
10+ breaths

AT HOME PROGRAM  
**ALTERNATIVE**  
ROUTINES

**ORIGINAL**

- DAY 1.** Full Body Strength
- DAY 2.** Dynamic Flexibility
- DAY 3.** Full Body Isometric
- DAY 4.** PNF Flexibility
- DAY 5.** Full Body Mass Gain
- DAY 6.** Relaxed Stretching
- DAY 7.** Active Rest

**MASS GAIN**

- DAY 1.** Upper Body Strength
- DAY 2.** Lower Body Strength
- DAY 3.** Flexibility / Active Rest
- DAY 4.** Upper Body Strength
- DAY 5.** Lower Body Strength
- DAY 6.** Flexibility / Active Rest
- DAY 7.** Active Rest

**BEGINNER**

- DAY 1.** Full Body Strength
- DAY 2.** Flexibility / Active Rest
- DAY 3.** Full Body Isometric
- DAY 4.** Flexibility / Active Rest
- DAY 5.** Full Body Strength
- DAY 6.** Flexibility / Active Rest
- DAY 7.** Active Rest

- DAY 8.** Full Body Isometric
- DAY 9.** Flexibility / Active Rest
- DAY 10.** Full Body Strength
- DAY 11.** Flexibility / Active Rest
- DAY 12.** Full Body Isometric
- DAY 13.** Flexibility / Active Rest
- DAY 14.** Active Rest

**SKILLS**

- DAY 1.** Full Body Strength
- DAY 2.** Flexibility / Active Rest
- DAY 3.** Full Body Mass Gain
- DAY 4.** Flexibility / Active Rest
- DAY 5.** Full Body Strength
- DAY 6.** Flexibility / Active Rest
- DAY 7.** Active Rest

- DAY 8.** Full Body Mass Gain
- DAY 9.** Flexibility / Active Rest
- DAY 10.** Full Body Strength
- DAY 11.** Flexibility / Active Rest
- DAY 12.** Full Body Mass Gain
- DAY 13.** Flexibility / Active Rest
- DAY 14.** Active Rest