

## HOME WORKOUTS

### No equipment? No worries!

1. 5 Rounds: 15 Burpees, 15 Squats, 15 Situps  
If you're new to working out, try 3 rounds and see how you feel about 5 😊
2. 10 min AMRAP: (Get as many rounds as you can in 10 mins!)  
10 Pushups, 10 Straddles, 10 V-Ups
3. 5 Rounds: 200m Run, 20 Squat Jumps, 2x 10m Bear Crawls
4. 15 Min AMRAP (As many rounds as possible in 15 mins)  
20 jumping lunges, 20 back extensions, 20 Russian Twists

### Got some equipment at home? Try these!

5. 21, 15, 9, 15, 21 - using a Dumbbell / Barbell / Kettlebell  
Weighted Snatches, Jumps Over Your Weight or double under skips, Weighted Squats
6. 5 Rounds for time: 20 weighted thrusters, 15 DB/KB Swings, 10 Pushups
7. Buy In: 400m or 800m Run (or find a long run around your house)  
3 Rounds: 10 Push Press each side, 10 single leg deadlift each side, 10 devils press (alternate arms if you only have one weight)  
Buy out: 400m or 800m run
8. Tobata: Pick 4 movements available to you then perform 20s work, 10s rest for 4 minutes before moving to your next exercise!