



WORKOUT PLAN

HOME WARRIOR

WARMUP ROUTINE / 3 ROUNDS / 1 MIN REST

Shoulder Rotations 30 Sec

Wrist Flexion 30 Sec

Wrist Rotation 30 Sec

Torso Rotation 30 Sec

Toe Touches 10-15 Reps

1. CHEST , TRICEP & CORE

PUSH-UP / 5 SETS - 20- 30 REPS / 1 MIN REST

Regular push-up , core engaged

SKULL CRUSHER PUSH-UP / 5 SETS -10-15 REPS / 1 - 1:30 MIN REST

Focusing on using the tricep the finish the motion of the push-up.(Tiger Bend Push-up can be an easier version)

BENCH DIP / 5 SETS - 15-20 REPS / 1 MIN REST

Keep the elbows pointing backwards, instead of out to the side,

HOLLOW BODY KNEE TUCKS / 4 SETS - 15- 20 REPS / 1 MIN REST

Hollow position keep ABS contracted , killer one for CORE gains.

RUSSIAN TWIST / 4 SETS - 15 -20 REPS / 1 MIN REST

Focus on using your core to twist your torso.

WARMUP ROUTINE / 3 ROUNDS / 1 MIN REST

Shoulder Rotations 30 Sec

Wrist Flexion 30 Sec

Wrist Rotation 30 Sec

Torso Rotation 30 Sec

Toe Touches 10-15 Reps

2. SHOULDERS, BICEPS & ABS

ELEVATED PIKE PUSH-UP / 4 SETS - 10- 12 REPS / 1 MIN REST

slow & controlled (dont flare the elbows)

SCAPULA PUSH-UP / 3 SETS -10-15 REPS / 1 MIN REST

Full Range of motion , hollowback finishing position.

PSEUDO PUSH-UP / 4 SETS - 10-12 REPS / 1 MIN REST

focus on using biceps to push you up.

SHOULDER TAPS PLANK / 4 SETS - FOR 30 SEC / 30 SEC REST

keep doing shoulder taps in a plank for 30 sec and 30 sec rest between each set for a core and shoulders absolute burns

HOLLOWBACK HOLD / 4 SETS - 30-40 SEC HOLD /45 SEC-1 MIN REST

Lie down on your back and contract the abs by keeping a Hollowback position

