

Name:

Date:

45 Seconds On/15 Seconds Off

<u>Set 1</u>			<u>Set 2</u>			<u>Set 3</u>			<u>Set 4</u>		
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps			
Pistol Squats *											
Lying Hamstring Curl **											
Jumping Lunges											
Leg Raises											
Glider Flys ***											
Crab Walk											
Vertical Jumps											
Crunches											

* If you can't do it unassisted, use a chair back to stabilize yourself.

** Best done on hardwood or laminate floor. Lay on your back, feet straight out on a towel. Without bending at the waist, pull your heels towards your butt.

*** Best done on hardwood or laminate floor. In knee pushup position, Hands in front of you on a towel, slide your hands outwards to the side, then bring them back towards the centre. Maintain only a slight bend in your elbow.

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Exercise	Weight	Reps		Weight	Reps		Weight	Reps		Weight	Reps
Burpees			2			2			2		
Plank Leg Raise			M			M			M		
Running in Place			i n			i n			i n		
Bicycle Crunch			R			R			R		
Jumping Jacks			E			E			E		
Ab V-Hold			S			S			S		
Squat Jumps			T			T			T		
Leg Raises											

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Exercise	Weight	Reps		Weight	Reps		Weight	Reps		Weight	Reps
Stool Squat *			2			2			2		
Good Mornings **			M			M			M		
Stair Runs ***			i			i			i		
Crunches			n			n			n		
Wide Grip Push-Up			R			R			R		
Plank Row ****			E			E			E		
Toe Tap on Step *****			S			S			S		
Leg Raise Hold *****			T			T			T		

*Using a stool or a chair, squat down until your derriere just touches a low stool or chair, then only raise yourself up a few inches. Do Not Stand up completely!

** From a standing position, preferably holding a weight (a bottle of laundry detergent can substitute for dumbbells or plates), Bend only at the hips, hanging your body forward. Lower to the point of feeling your hamstrings working, then stand back up.

*** SAFELY run up and down your stairs.

**** In Push-Up position, alternating rows with your hands, keeping your elbows tight to your body.

***** Standing at the base of your stairs, hopping from foot to foot while tapping the stairs with your toes

***** Lying on your back, raise your legs just a few inches off the ground and Hold

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Exercise	Set 1			Set 2			Set 3			Set 4	
	Weight	Reps		Weight	Reps		Weight	Reps		Weight	Reps
Skaters			2			2			2		
Double Leg Circles			M			M			M		
Jumping Lunges			i			i			i		
Alternating Side Planks			n			n			n		
Shadow Boxing			R			R			R		
Flutter Kicks			E			E			E		
High Knees Running in Place			S			S			S		
Mountain Climbers			T			T			T		

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Exercise	Weight	Reps		Weight	Reps		Weight	Reps		Weight	Reps
Backwards Lunges			2			2			2		
Reverse Hyper Extensions *			M			M			M		
Jumping Lunges			i			i			i		
Butterfly Kicks			n			n			n		
Push-Ups			R			R			R		
Bentover Row **			E			E			E		
Skipping Rope ***			S			S			S		
Plank			T			T			T		

* Laying facedown on your bed or a kitchen countertop, hips on the edge. With your feet together, slowly raise and lower your legs, concentraing on the glutes and hamstrings doing the work.

** Using anything weighted with a handle (ie, laundry detergent), with a slight bend in the knee, hinge at the hip and bend over, maintaining a small arch in your back. Row the weight one-handed, keeping your elbow tight to your body. Alternate sides per set.

*** If you don't have a skipping rope, mime it while holding small cans of soup.

Name:

Date:

Supersets

30 Seconds On/30 Seconds On/30 Seconds Off

Set 1			Set 2			Set 3			Set 4				
Exercise	Weight	Reps		Weight	Reps		Weight	Reps		Weight	Reps		
Jumping Lunges			2 M i n R E S T			2 M i n R E S T			2 M i n R E S T				
Burpees													
30 Seconds Rest					30 Seconds Rest					30 Seconds Rest			
Stair Toe Taps													
Stair Run													
30 Seconds Rest					30 Seconds Rest					30 Seconds Rest			
Jumping Jacks													
Mountain Climbers													
30 Seconds Rest					30 Seconds Rest					30 Seconds Rest			
Jump Rope													
Shadow Boxing													

Supersets means no rest between the 2 exercises. 30 Seconds on one exercise, straight into 30 seconds of the Supersetting exercise into 30 seconds rest.

REST!!!! NOTTA!!!

Don't do a damned thing!!!

OK, maybe go for a walk. With proper social distancing.

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Date:

45 Seconds On/15 Seconds Off

<u>Set 1</u>			<u>Set 2</u>			<u>Set 3</u>			<u>Set 4</u>		
Exercise	Weight	Reps		Weight	Reps		Weight	Reps		Weight	Reps
Goblet Squat *			2			2			2		
Hamstring Toe Walk **			M			M			M		
Side Jumps			i			i			i		
Ultra Leg Raise ***			n			n			n		
Wide Grip Push-Ups ****			R			R			R		
Bentover Row *****			E			E			E		
Burpees			S			S			S		
Crunches			T			T			T		

* Holding any weighted object you feel comfortable holding against your upper chest, hold while squatting. (eg, Laundry Detergent)

** Lay on your back, feet straight out. Without bending at the waist, walk your feet towards your butt.

*** Laying on your back, hold onto an achored handle (Solid point). Raise your legs straight up, then thrust your feet upwards, only maintaining contact with the floor with your shoulders.

**** In Push-Up position, move your hands outside the width of your shoulders and turn them so your fingers point away from your body out to the side.

***** Using the same weighted object from the squats, bend at a comfortable angle at the waist, maintaining a good arch in your back and row the object with one hand, keeping your elbow tight to your body.

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45 Seconds On/15 Seconds Off

<u>Set 1</u>			<u>Set 2</u>			<u>Set 3</u>			<u>Set 4</u>		
Exercise	Weight	Reps		Weight	Reps		Weight	Reps		Weight	Reps
Side Jumps			2			2			2		
Russian Twist			M			M			M		
Stair Toe Taps			i			i			i		
Butterfly Kicks			n			n			n		
Jumping Lunges			R			R			R		
Crunches			E			E			E		
Skipping Rope			S			S			S		
Alternating Side Planks			T			T			T		

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Exercise	Set 1			Set 2			Set 3			Set 4	
	Weight	Reps		Weight	Reps		Weight	Reps		Weight	Reps
Side Lunges			2			2			2		
Hamstring Falls			M			M			M		
Squat Jump			i			i			i		
Butterfly Kicks			n			n			n		
Soup Can Flys *			R			R			R		
Table Top Bodyweight Row			E			E			E		
Bear Crawl			S			S			S		
Plank			T			T			T		

* On a bench, using larger soup cans, arms straight ahead of you, lower the cans out to your side, careful not to go past your natural range of motion, then back up again. (If you have dumbbells, use those.)

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45 Seconds On/15 Seconds Off

Exercise	Set 1		2 M i n R E S T	Set 2		2 M i n R E S T	Set 3		2 M i n R E S T	Set 4	
	Weight	Reps		Weight	Reps		Weight	Reps		Weight	Reps
Burpees											
Side Crunches	Left			Right			Left			Right	
Jumping Jacks											
Leg Raises											
Med Ball Squats *											
No Weight Turkish Get Up											
Running in place											
Plank Leg Raise											

*Using a Med Ball or a short stool(below knee height), squat down to it just to touching it and lift yourself up only 3-4 inches. Repeat.

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	Weight	Reps		Weight	Reps		Weight	Reps		Weight	Reps
Walking Lunges			2 M i n R E S T			2 M i n R E S T			2 M i n R E S T		
One-Leg Straight-Leg Deadlift											
Squat Jumps											
Leg Raise											
Wide Stance Push-Ups											
Table Top Body Weight Row											
Jumping Jacks											
Cross Crunches											

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Supersets

30 Seconds On/30 Seconds On/30 Seconds Off

<u>Set 1</u>			<u>Set 2</u>			<u>Set 3</u>			<u>Set 4</u>		
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps			
Jumping Jacks											
Push-Up Side-Steps											
30 Seconds Rest			30 Seconds Rest			30 Seconds Rest					
Shadow Boxing											
Bear Crawl											
30 Seconds Rest			30 Seconds Rest			30 Seconds Rest					
Mountain Climbers											
Alternating Side-Plank											
30 Seconds Rest			30 Seconds Rest			30 Seconds Rest					
High Knees											
Scissor Kicks											

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