

**8-Week**

**Fit @ Home**

**Program**

All these exercises can be done with no equipment or objects you find around your home. To maximize your ability to recover and perform better, make sure that you are taking adequate rest to recover. A table can be found below.

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| Movement | Rest Time (mins) |
| Power Movement | 2:00 - 5:00 |
| Strength Movement | 2:00 - 5:00 |
| Accessory Movement | 2:00 - 3:00 |
| Push/Pull Superset | 1:00 - 2:00 |
| Core Stability/Dynamic Core | 1:00 |
| Circuit | As prescribed |

The program is designed to get harder as time goes on, so think about this as a marathon, and not a sprint.

If you are NEW to exercise, take this time to explore your weak points, what you’re good at, and what you like to do. If you can’t do the prescribed amount, that’s *ok* and it’s SO GREAT that you are trying. You **will** get stronger as long as you keep at it.

If you have experience, allow yourself to be creative with these movements. Decrease the rest times, add more sets, add in additional cardio, whatever pushes you to challenge yourself. As long as you are consistent, you will be in good shape by the time quarantine is over (maybe even better than before), and you can get back to the gym with less of a rebound.

I really hope that you enjoy this! Bodyweight/home workouts aren’t my first choice, but sometimes we just have to play with the cards we’re dealt. This was a labor of love, and I really hope that you try it, stick to it, share it with others, and gain a new appreciation for what you and your body are capable of. If you have any questions, feel free to reach out:

Instagram: @roihealth  
E-mail: [rrealzola92@gmail.com](mailto:rrealzola92@gmail.com)  
Website: roihealth.fit

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| Week 1 | | | |
| Day | Monday | Wednesday | Friday |
| Power Movement | Squat Jumps  3 x 3-5 | Plyometric Push-Up  3 x 3-5 | Single-Leg Countermovement Jump  3 x 3-5 |
| Strength | Air Squats  3 x 10 | Push Ups  3 x 10 | Romanian Deadlift  3 x 10 |
| Accessory | I-Y-T  3 x 12 | Lateral Lunges  3 x 12 each leg | Dolphin Push-Up  3 x 12 |
| Push/Pull Superset | Glute Thrust SS Towel Hamstring Curl  3 x 15 SS 3 x 15 | Triceps Dips SS Bicep Curls  3 x 15 SS 3 x 15 | IYT SS Lying Reverse Flyes  3 x 15 SS 3 x 15 |
| Core Stability | Plank  3 x 60 s | Leg Lifts  3 x 10 | Side Planks  3 x 45 s each side |
| Circuit | 3 rounds 30 sec on, 30 sec off  Tuck Jump  Rotational Push UP  Flutter Kick | 3 rounds 30 sec on, 30 sec off  Bicycle Kicks  Speed Skaters  Shoulder Taps | 3 rounds 30 sec on, 30 sec off  Step up  Reverse Crunch  Single Leg Glute Bridge |

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| Week 2 | | | |
| Day | Monday | Wednesday | Friday |
| Power Movement | Vertical Jump  3 x 3-5 | Broad Jump  3 x 3-5 | Depth Drop  3 x 3-5 |
| Strength | Pause Squat  3 x 10 | Pause Push UP  3 x 10 | Backpack Goblet Squat  3 x 10 |
| Accessory | Lateral Raises  3 x 12 | Step-Up w/ Knee Kick  3 x 12 each leg | Object Floor Press  3 x 12 |
| Push/Pull Superset | Single Leg Glute Thrust SS Single Leg RDL  3 x 15 SS 3 x 15 | Diamond Push Ups SS Bicep Curls  3 x 15 SS 3 x 15 | Groiners SS Supermans  3 x 15 SS 3 x 15 |
| Core Stability | Plank Knees to Elbow  3 x 60 s | Deadbugs  3 x 10 | Side Plank Leg Raises  3 x 45 s each side |
| Circuit | 3 rounds 30 sec on, 30 sec off  Mountain Climbers  Dead bugs  Inchworm | 3 rounds 30 sec on, 30 sec off  Jumping Lunge  Jumping Jacks  Curtsy Lunge | 3 rounds 30 sec on, 30 sec off  Star Jumps  Birddogs  Sit Ups |

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| Week 3 | | | |
| Day | Monday | Wednesday | Friday |
| Power Movement | Squat Jumps  4 x 3-5 | Plyometric Push-Up  4 x 3-5 | Single-Leg Countermovement Jump  4 x 3-5 |
| Strength | Air Squats  4 x 10 | Push Ups  4 x 10 | Romanian Deadlift  4 x 10 |
| Accessory | I-Y-T  4 x 12 | Lateral Lunges  4 x 12 each leg | Dolphin Push-Up  4 x 12 |
| Push/Pull Superset | Glute Thrust SS Towel Hamstring Curl  4 x 15 SS 4 x 15 | Triceps Dips SS Bicep Curls  4 x 15 SS 4 x 15 | IYT SS Lying Reverse Flyes  4 x 15 SS 4 x 15 |
| Core Stability | Plank  4 x 60 s | Leg Lifts  4 x 10 | Side Planks  4 x 45 s each side |
| Circuit | 4 rounds 30 sec on, 30 sec off  Tuck Jump  Rotational Push UP  Flutter Kick | 4 rounds 30 sec on, 30 sec off  Bicycle Kicks  Speed Skaters  Shoulder Taps | 4 rounds 30 sec on, 30 sec off  Step up  Reverse Crunch  Single Leg Glute Bridge |

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| Week 4 | | | |
| Day | Monday | Wednesday | Friday |
| Power Movement | Vertical Jump  4 x 3-5 | Broad Jump  4 x 3-5 | Depth Drop  4 x 3-5 |
| Strength | Pause Squat  4 x 10 | Pause Push UP  4 x 10 | Backpack Goblet Squat  4 x 10 |
| Accessory | Lateral Raises  4 x 12 | Step-Up w/ Knee Kick  4 x 12 each leg | Object Floor Press  4 x 12 |
| Push/Pull Superset | Single Leg Glute Thrust SS Single Leg RDL  4 x 15 SS 4 x 15 | Diamond Push Ups SS Bicep Curls  4 x 15 SS 4 x 15 | Groiners SS Supermans  4 x 15 SS 4 x 15 |
| Core Stability | Plank Knees to Elbow  4 x 60 s | Deadbugs  4 x 10 | Side Plank Leg Raises  4 x 45 s each side |
| Circuit | 4 rounds 40 sec on, 30 sec off  Mountain Climbers  Dead bugs  Inchworm | 4 rounds 40 sec on, 30 sec off  Jumping Lunge  Jumping Jacks  Curtsy Lunge | 4 rounds 40 sec on, 30 sec off  Star Jumps  Birddogs  Sit Ups |

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| Week 5 | | | |
| Day | Monday | Wednesday | Friday |
| Power Movement | Tuck Jump  4 x 3-5 | Plyometric Push Up  4 x 3-5 | Lunge Jump  4 x 3-5 |
| Strength | Reverse Lunge Static 2s Holds  4 x 10 | Uneven Push-Ups  4 x 10 | Backpack Squat  4 x 10 |
| Accessory | T-Push Up  3-4 x 12 | Lunge to High Knee Kick  3-4 x 12 each leg | Raised Arm Push Up  3-4 x 12 |
| Push/Pull Superset | Bear Crawl SS Mountain Climbers  4 x 15 SS 4 x 15 | Hand Taps SS Y Superman  4 x 15 SS 4 x 15 | High Knees SS Toe Touches  4 x 15 SS 4 x 15 |
| Core Stability | Birddogs  4 x 60 s | Single Leg Balance  4 x 60 s | Kneeling Overhead Press Hold  4 x 60 s |
| Circuit | 4 rounds 40 sec on, 20 sec off  Groiners  Rotation Push Ups  Reverse Lunges  IYT | 4 rounds 40 sec on, 20 sec off  Bicep Curls  Ski Jumps  Triceps DIps  High Knee Kicks | 4 rounds 40 sec on, 20 sec off  Bulgarian Split Squat  Dolphin Push Up  Calf Raises  Russian Twist |

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| Week 6 | | | |
| Day | Monday | Wednesday | Friday |
| Power Movement | Box Jump  4 x 3-5 | Lateral Bound to Jump  4 x 3-5 | Burpee High Jump  4 x 3-5 |
| Strength | Backpack Power Clean  4 x 10 | Overhead Press in Squat Position  4 x 10 | Backpack 1 and ¼ Squat  4 x 10 |
| Accessory | Single-leg Raised Push up  3-4 x 12 | Step-Up w/ Knee Kick  3-4 x 12 each leg | Staggered Push Up  3-4 x 12 |
| Push/Pull Superset | Glute Thrust SS Towel Hamstring Curl  4 x 15 SS 4 x 15 | Triceps Dips SS Bicep Curls  4 x 15 SS 4 x 15 | IYT SS Lying Reverse Flyes  4 x 15 SS 4 x 15 |
| Core Stability | Plank Knees to Elbow  4 x 60 s | Deadbugs  4 x 10 | Side Plank Leg Raises  4 x 45 s each side |
| Circuit | 4 rounds 45 sec on, 15 sec off  Mountain Climbers  Inchworm  Dead bugs  Triceps Dips | 4 rounds 45 sec on, 15 sec off  Jumping Lunge  Overhead Press  Jumping Jacks  Object Bent Over Row | 4 rounds 45 sec on, 15 sec off  Star Jumps  T Push Ups  Birddogs  Floor Scorpion |

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| Week 7 | | | |
| Day | Monday | Wednesday | Friday |
| Power Movement | Object Push Jerk  4 x 3-5 | Vertical Jump  4 x 3-5 | Single-Leg Deadlift to Jump  4 x 3-5 |
| Strength | Overhead Lateral Lunges  4 x 10 | Spider Crawl  4 x 10 | Overhead Squat  4 x 10 |
| Accessory | Outside-leg Kick Push Ups  4 x 12 | Lunge to High Knee Kick  4 x 12 each leg | Toe Tap Push Ups  4 x 12 |
| Push/Pull Superset | Single Leg Glute Thrust SS Single Leg RDL  4 x 15 SS 4 x 15 | Diamond Push Ups SS Bicep Curls  4 x 15 SS 4 x 15 | Groiners SS Supermans  4 x 15 SS 4 x 15 |
| Core Stability | Plank  4 x 60 s | Leg Lifts  4 x 10 | Side Planks  4 x 45 s each side |
| Circuit | 4 rounds 60 sec on, 30 sec off  Tuck Jump  Rotational Push Up  Flutter Kick  Bear Crawls | 4 rounds 60 sec on, 30 sec off  Bicycle Kicks  Shoulder Taps  Toe Touches  Bicep Curls | 4 rounds 60 sec on, 30 sec off  Step up Kick  Reverse Crunch  Single Leg Glute Bridge  Superman |

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| Week 8 | | | |
| Day | Monday | Wednesday | Friday |
| Power Movement | Rotation Jumps  4 x 3-5 | Lateral Bound to Jump Rotations  4 x 3-5 | Burpee High Jump  4 x 3-5 |
| Strength | Backpack Power Clean  4 x 10 | Half-Kneeling 1 Handed Overhead Press  4 x 10 | Backpack Thrusters  4 x 10 |
| Accessory | Assisted Pistol Squat  4 x 12 | Curtsy Lunges  4 x 12 each leg | Handstand Wall Walk  4 x 12 |
| Push/Pull Superset | Lying Lateral Leg Raises SS RDL  4 x 15 SS 4 x 15 | Hammer Curls SS  Sumo Squat  4 x 15 SS 4 x 15 | Lunging Press SS Side Crunches  4 x 15 SS 4 x 15 |
| Core Stability | Shoulder Taps  4 x 60 s | Deadbugs  4 x 10 | Half Kneeling Overhead Press Hold  4 x 45 s each side |
| Circuit | 4 rounds 60 sec on, 30 sec off  Elevated Push Up  Leg Lowers  Overhead Press  Jumping Lunge | 4 rounds 30 sec on, 30 sec off  Split Squat  Push Ups  Glute Thrusts  Object Bent Over Row | 4 rounds 30 sec on, 30 sec off  Lateral Bounds  Diamond Push Ups  Burpees  Reverse Crunch |