

**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.

|  |  |
| --- | --- |
| 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
Website: roihealth.fit

* Rogelio

|  |
| --- |
| Week 1 |
| Day | Monday | Wednesday | Friday |
| Power Movement | Squat Jumps3 x 3-5 | Plyometric Push-Up3 x 3-5 | Single-Leg Countermovement Jump3 x 3-5 |
| Strength | Air Squats3 x 10 | Push Ups3 x 10 | Romanian Deadlift3 x 10 |
| Accessory | I-Y-T3 x 12 | Lateral Lunges3 x 12 each leg | Dolphin Push-Up3 x 12 |
| Push/Pull Superset | Glute Thrust SS Towel Hamstring Curl3 x 15 SS 3 x 15 | Triceps Dips SS Bicep Curls3 x 15 SS 3 x 15 | IYT SS Lying Reverse Flyes3 x 15 SS 3 x 15 |
| Core Stability | Plank3 x 60 s | Leg Lifts3 x 10 | Side Planks3 x 45 s each side |
| Circuit | 3 rounds 30 sec on, 30 sec offTuck JumpRotational Push UPFlutter Kick | 3 rounds 30 sec on, 30 sec offBicycle KicksSpeed SkatersShoulder Taps | 3 rounds 30 sec on, 30 sec offStep upReverse CrunchSingle Leg Glute Bridge |

|  |
| --- |
| Week 2 |
| Day | Monday | Wednesday | Friday |
| Power Movement | Vertical Jump3 x 3-5 | Broad Jump3 x 3-5 | Depth Drop3 x 3-5 |
| Strength | Pause Squat3 x 10 | Pause Push UP3 x 10 | Backpack Goblet Squat3 x 10 |
| Accessory | Lateral Raises3 x 12 | Step-Up w/ Knee Kick3 x 12 each leg | Object Floor Press3 x 12 |
| Push/Pull Superset | Single Leg Glute Thrust SS Single Leg RDL3 x 15 SS 3 x 15 | Diamond Push Ups SS Bicep Curls3 x 15 SS 3 x 15 | Groiners SS Supermans3 x 15 SS 3 x 15 |
| Core Stability | Plank Knees to Elbow3 x 60 s | Deadbugs3 x 10 | Side Plank Leg Raises3 x 45 s each side |
| Circuit | 3 rounds 30 sec on, 30 sec offMountain ClimbersDead bugsInchworm | 3 rounds 30 sec on, 30 sec offJumping LungeJumping JacksCurtsy Lunge | 3 rounds 30 sec on, 30 sec offStar JumpsBirddogsSit Ups |

|  |
| --- |
| Week 3 |
| Day | Monday | Wednesday | Friday |
| Power Movement | Squat Jumps4 x 3-5 | Plyometric Push-Up4 x 3-5 | Single-Leg Countermovement Jump4 x 3-5 |
| Strength | Air Squats4 x 10 | Push Ups4 x 10 | Romanian Deadlift4 x 10 |
| Accessory | I-Y-T4 x 12 | Lateral Lunges4 x 12 each leg | Dolphin Push-Up4 x 12 |
| Push/Pull Superset | Glute Thrust SS Towel Hamstring Curl4 x 15 SS 4 x 15 | Triceps Dips SS Bicep Curls4 x 15 SS 4 x 15 | IYT SS Lying Reverse Flyes4 x 15 SS 4 x 15 |
| Core Stability | Plank4 x 60 s | Leg Lifts4 x 10 | Side Planks4 x 45 s each side |
| Circuit | 4 rounds 30 sec on, 30 sec offTuck JumpRotational Push UPFlutter Kick | 4 rounds 30 sec on, 30 sec offBicycle KicksSpeed SkatersShoulder Taps | 4 rounds 30 sec on, 30 sec offStep upReverse CrunchSingle Leg Glute Bridge |

|  |
| --- |
| Week 4 |
| Day | Monday | Wednesday | Friday |
| Power Movement | Vertical Jump4 x 3-5 | Broad Jump4 x 3-5 | Depth Drop4 x 3-5 |
| Strength | Pause Squat4 x 10 | Pause Push UP4 x 10 | Backpack Goblet Squat4 x 10 |
| Accessory | Lateral Raises4 x 12 | Step-Up w/ Knee Kick4 x 12 each leg | Object Floor Press4 x 12 |
| Push/Pull Superset | Single Leg Glute Thrust SS Single Leg RDL4 x 15 SS 4 x 15 | Diamond Push Ups SS Bicep Curls4 x 15 SS 4 x 15 | Groiners SS Supermans4 x 15 SS 4 x 15 |
| Core Stability | Plank Knees to Elbow4 x 60 s | Deadbugs4 x 10 | Side Plank Leg Raises4 x 45 s each side |
| Circuit | 4 rounds 40 sec on, 30 sec offMountain ClimbersDead bugsInchworm | 4 rounds 40 sec on, 30 sec offJumping LungeJumping JacksCurtsy Lunge | 4 rounds 40 sec on, 30 sec offStar JumpsBirddogsSit Ups |

|  |
| --- |
| Week 5 |
| Day | Monday | Wednesday | Friday |
| Power Movement | Tuck Jump4 x 3-5 | Plyometric Push Up4 x 3-5 | Lunge Jump4 x 3-5 |
| Strength | Reverse Lunge Static 2s Holds4 x 10 | Uneven Push-Ups4 x 10 | Backpack Squat4 x 10 |
| Accessory | T-Push Up3-4 x 12 | Lunge to High Knee Kick3-4 x 12 each leg | Raised Arm Push Up3-4 x 12 |
| Push/Pull Superset | Bear Crawl SS Mountain Climbers4 x 15 SS 4 x 15 | Hand Taps SS Y Superman4 x 15 SS 4 x 15 | High Knees SS Toe Touches4 x 15 SS 4 x 15 |
| Core Stability | Birddogs4 x 60 s | Single Leg Balance4 x 60 s | Kneeling Overhead Press Hold4 x 60 s |
| Circuit | 4 rounds 40 sec on, 20 sec offGroinersRotation Push UpsReverse LungesIYT | 4 rounds 40 sec on, 20 sec offBicep CurlsSki JumpsTriceps DIpsHigh Knee Kicks | 4 rounds 40 sec on, 20 sec offBulgarian Split SquatDolphin Push UpCalf RaisesRussian Twist |

|  |
| --- |
| Week 6 |
| Day | Monday | Wednesday | Friday |
| Power Movement | Box Jump4 x 3-5 | Lateral Bound to Jump4 x 3-5 | Burpee High Jump4 x 3-5 |
| Strength | Backpack Power Clean4 x 10 | Overhead Press in Squat Position4 x 10 | Backpack 1 and ¼ Squat4 x 10 |
| Accessory | Single-leg Raised Push up3-4 x 12 | Step-Up w/ Knee Kick3-4 x 12 each leg | Staggered Push Up3-4 x 12 |
| Push/Pull Superset | Glute Thrust SS Towel Hamstring Curl4 x 15 SS 4 x 15 | Triceps Dips SS Bicep Curls4 x 15 SS 4 x 15 | IYT SS Lying Reverse Flyes4 x 15 SS 4 x 15 |
| Core Stability | Plank Knees to Elbow4 x 60 s | Deadbugs4 x 10 | Side Plank Leg Raises4 x 45 s each side |
| Circuit | 4 rounds 45 sec on, 15 sec offMountain ClimbersInchwormDead bugsTriceps Dips | 4 rounds 45 sec on, 15 sec offJumping LungeOverhead PressJumping JacksObject Bent Over Row | 4 rounds 45 sec on, 15 sec offStar JumpsT Push UpsBirddogsFloor Scorpion |

|  |
| --- |
| Week 7 |
| Day | Monday | Wednesday | Friday |
| Power Movement | Object Push Jerk4 x 3-5 | Vertical Jump4 x 3-5 | Single-Leg Deadlift to Jump4 x 3-5 |
| Strength | Overhead Lateral Lunges4 x 10 | Spider Crawl4 x 10 | Overhead Squat4 x 10 |
| Accessory | Outside-leg Kick Push Ups4 x 12 | Lunge to High Knee Kick4 x 12 each leg | Toe Tap Push Ups4 x 12 |
| Push/Pull Superset | Single Leg Glute Thrust SS Single Leg RDL4 x 15 SS 4 x 15 | Diamond Push Ups SS Bicep Curls4 x 15 SS 4 x 15 | Groiners SS Supermans4 x 15 SS 4 x 15 |
| Core Stability | Plank4 x 60 s | Leg Lifts4 x 10 | Side Planks4 x 45 s each side |
| Circuit | 4 rounds 60 sec on, 30 sec offTuck JumpRotational Push UpFlutter KickBear Crawls | 4 rounds 60 sec on, 30 sec offBicycle KicksShoulder TapsToe TouchesBicep Curls | 4 rounds 60 sec on, 30 sec offStep up KickReverse CrunchSingle Leg Glute BridgeSuperman |

|  |
| --- |
| Week 8 |
| Day | Monday | Wednesday | Friday |
| Power Movement | Rotation Jumps4 x 3-5 | Lateral Bound to Jump Rotations4 x 3-5 | Burpee High Jump4 x 3-5 |
| Strength | Backpack Power Clean4 x 10 | Half-Kneeling 1 Handed Overhead Press4 x 10 | Backpack Thrusters4 x 10 |
| Accessory | Assisted Pistol Squat4 x 12 | Curtsy Lunges4 x 12 each leg | Handstand Wall Walk4 x 12 |
| Push/Pull Superset | Lying Lateral Leg Raises SS RDL4 x 15 SS 4 x 15 | Hammer Curls SS Sumo Squat4 x 15 SS 4 x 15 | Lunging Press SS Side Crunches4 x 15 SS 4 x 15 |
| Core Stability | Shoulder Taps4 x 60 s | Deadbugs4 x 10 | Half Kneeling Overhead Press Hold4 x 45 s each side |
| Circuit | 4 rounds 60 sec on, 30 sec offElevated Push UpLeg LowersOverhead PressJumping Lunge | 4 rounds 30 sec on, 30 sec offSplit SquatPush UpsGlute ThrustsObject Bent Over Row | 4 rounds 30 sec on, 30 sec offLateral BoundsDiamond Push UpsBurpeesReverse Crunch |