

IRONBACKS NO GEAR HOME WORKOUTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>WARMUP 10 Minutes of Cardio: Marching in place, jump rope, jog or step-ups</p> <p>Stretch and foam roll</p> <p>WORKOUT: <u>10 Rounds</u> 30 Second Max Pushups 30 Second Pushup Position Plank 1 Minute Rest</p> <p>10 Minutes of cooldown stretching</p>	<p>WARMUP 10 Minutes of Cardio: Marching in place, jump rope, jog or step-ups</p> <p>Stretch and foam roll</p> <p>WORKOUT <u>10 Rounds</u> 30 Seconds High Knees 10 Second Rest 30 Seconds Max Situps 1 Minute Rest</p> <p>10 Minutes of cooldown stretching</p>	<p>WARMUP 10 Minutes of Cardio: Marching in place, jump rope, jog or step-ups</p> <p>Stretch and foam roll</p> <p>WORKOUT <u>Death By Air Squat</u> As many rounds as possible</p> <p>10 Minutes of cooldown stretching</p>	<p>WARMUP 10 Minutes of Cardio: Marching in place, jump rope, jog or step-ups</p> <p>Stretch and foam roll</p> <p>WORKOUT <u>5 Rounds</u> 1 minute Mountain Climbers 10 second rest 1 minute lunges 10 second rest 1 minute Shoulder Taps 10 second rest 1 minute Squat Jumps 1 minute rest</p> <p>10 Minutes of cooldown stretching</p>	<p>WARMUP 10 Minutes of Cardio: Marching in place, jump rope, jog or step-ups</p> <p>Stretch and foam roll</p> <p>WORKOUT <u>10 Rounds</u> 30 Seconds Max Burpees 10 second rest 30 second wall sit or squat hold 1 minute rest</p> <p>10 Minutes of cooldown stretching</p>	<p>WARMUP 10 Minutes of Cardio: Marching in place, jump rope, jog or step-ups</p> <p>Stretch and foam roll</p> <p>WORKOUT Easy pace outdoor walk, jog, bike, or hike</p> <p>10 Minutes of cooldown stretching</p>
<p>For the warmup choose whatever cardio activity you want. You should be moving constantly to get your heart rate up for the entire 10 minutes. Slow down the movement if necessary to keep moving the entire time.</p> <p>For the main workout, set a timer. Do as many pushups as possible for 30 seconds then go right into a 30 second plank in the pushup position. Complete the round by resting for 1 minute. That is one round. Do a total of 10 rounds.</p>	<p>For the warmup choose whatever cardio activity you want. You should be moving constantly to get your heart rate up for the entire 10 minutes. Slow down the movement if necessary to keep moving the entire time.</p> <p>For the main workout, set a timer or watch a clock. Do 30 seconds of high knees by bringing one knee as close to your chest as possible while standing, then plant your foot and do the same with the other knee. Continue alternating knees as quickly as possible for 30 seconds. Rest for 10 seconds while transitioning to the next exercise. Complete as many situps as possible for 30 seconds. If you cannot do a full situp, modify to crunches. Rest for 1 minute. That is one round. Do a total of 10 rounds.</p>	<p>For the warmup choose whatever cardio activity you want. You should be moving constantly to get your heart rate up for the entire 10 minutes. Slow down the movement if necessary to keep moving the entire time.</p> <p>Death by Air Squat: set a timer or watch a clock. Do 1 air squat in the first minute, then rest for the remainder of that minute. At the top of minute 2 perform 2 air squats then rest for the remainder of that minute. At the top of minute 3, do 3 air squats and then rest for the remainder of that minute. Continue this pattern, adding one squat each minute until you are no longer able to perform the number of air squats in that minute. Once you can no longer do the number of air squats within the minute, the workout is done. Make a note of how many rounds you did so you can beat your record next time.</p>	<p>For the warmup choose whatever cardio activity you want. You should be moving constantly to get your heart rate up for the entire 10 minutes. Slow down the movement if necessary to keep moving the entire time.</p> <p>Set a timer or watch a clock to time your workout. Perform mountain climbers by getting in the pushup position and bringing one knee up toward your chest then back down to the pushup position leaving your hands planted firmly on the ground. Bring the opposite knee up towards your chest and back down. Alternate your knees as quickly as possible for 1 minute. rest 10 seconds in between exercises to transition from one exercise to the next. Next perform as many alternating lunges as possible for 1 minute then rest another 10 seconds. Perform 1 minute of shoulder taps by getting back in the Pushup position, take one of your hands off of the floor and touch it to your opposite shoulder then place it back on the ground. Do the same with the opposite arm. Once you have done the shoulder taps transition to 1 minute of squat jumps. Perform a squat jump by squatting down and jumping up from the bottom of the squat position. Complete the round by resting for 1 minute. Do a total of 5 rounds.</p>	<p>For the warmup choose whatever cardio activity you want. You should be moving constantly to get your heart rate up for the entire 10 minutes. Slow down the movement if necessary to keep moving the entire time.</p> <p>For the main workout, set a timer or watch a clock. Do 30 seconds of burpees by laying your chest on the ground then push your chest up off of the ground and get your feet under you by jumping both at once, or stepping both feet one at a time. As you come up from the ground jump in the air with your hands overhead. If you are unable to jump simply stand up and lift your hands up in the air. Perform as many burpees as possible for 30 seconds. Rest for 10 seconds as you transition to your next exercise. Perform a wall sit or squat hold for 30 seconds. Finish the round by resting for 1 minute. Do a total of 10 rounds.</p>	<p>For the warmup choose whatever cardio activity you want. You should be moving constantly to get your heart rate up for the entire 10 minutes. Slow down the movement if necessary to keep moving the entire time.</p> <p>Today is a great day to get outside and get active for at least 30 minutes. try to get your heart rate up, but you should keep a pace that is easy to maintain for an hour or more.</p>

*****THIS PROGRAM IS DESIGNED TO BE REPEATED FOR 2-4 WEEKS. KEEP TRACK OF EACH WORKOUT AND TRY TO IMPROVE EACH WEEK*****

If you have any questions or need clarifications for any of the movements please feel free to contact me. I am happy to answer any and all questions you may have.

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