



**CFP**

**WELLNESS**

**WORKOUTS**

HOME GYM  
LIMITED EQUIPMENT  
NO EQUIPMENT

TO CRUSH YOUR GOALS  
NO MATTER THE CIRCUMSTANCE

**WEEK 1**



# MONDAY

# TUESDAY

# WEEK 1

WARM-UP	<p><b>TWO ROUNDS FOR COMPLETION:</b></p> <ul style="list-style-type: none"> <li>10 BOWLER'S SQUATS</li> <li>10 BUTTERFLY SIT-UPS</li> <li>10 DROP LUNGES</li> <li>10 AIR SQUATS</li> <li>30 JUMPING JACKS</li> </ul> <p><a href="#">VIEW VIDEO</a></p> <p><b>FULL WORKOUT</b></p>	WARM-UP	<p><b>THREE SETS OF:</b></p> <ul style="list-style-type: none"> <li>20 SECONDS OF: SIDE PLANK RT</li> <li>20 SECONDS OF: SIDE PLANK LT</li> <li>20 SECONDS OF: <a href="#">PLANK SHOULDER TAPS</a></li> <li>20 SECONDS OF: JUMPING JACKS</li> <li>20 SECONDS OF: AIR SQUAT</li> <li>20 SECONDS OF: <a href="#">SCAPULAR CIRCLES</a></li> </ul> <p>REST 20 SECONDS</p>				
STRENGTH	<p><b>HOME GYM</b></p> <p>EVERY 3 MINUTES FOR 12 MINUTES (4 SETS):</p> <p>TEMPO FRONT SQUAT X 5 REPS @ 32X1</p> <p>(BUILD THE FIRST TWO SETS, MAKING THE LAST TWO SETS HEAVY CHALLENGES THAT ARE TRUE TO TEMPO!)</p>	<p><b>LIMITED EQUIPMENT</b></p> <p>FOUR SETS OF:</p> <p>TEMPO DUMBBELL FRONT SQUAT X 10 REPS @ 32X1</p> <p>REST 90 SECONDS</p> <p>(DURING REST, PERFORM 10 MOUNTAIN WALKS)</p>	<p><b>NO EQUIPMENT</b></p> <p>THREE SETS OF:</p> <p>SPLIT SQUAT X 6 REPS/LEG</p> <p>IMMEDIATELY FOLLOWED BY:</p> <p>SINGLE LEG BOX SQUAT X 12-16 ALTERNATING REPS</p> <p>REST 60-90 SECONDS</p>	STRENGTH	<p><b>HOME GYM</b></p> <p>FIVE SETS OF:</p> <p>TEMPO BENCH PRESS X 5 REPS @ 21X1</p> <p>REST AS NEEDED</p>	<p><b>LIMITED EQUIPMENT</b></p> <p>FIVE SETS OF:</p> <p>DUMBBELL BENCH PRESS X 6 REPS (HEAVY)</p> <p>REST 30 SECONDS</p> <p><a href="#">BENT-OVER DB ROWS</a> X 6 REPS</p> <p>REST 60 SECONDS</p>	<p><b>NO EQUIPMENT</b></p> <p>FIVE SETS OF:</p> <p><a href="#">TEMPO PUSH-UPS</a> X 5 REPS @ 30X1</p> <p>IMMEDIATELY FOLLOWED BY:</p> <p><a href="#">INCLINE DYNAMIC PUSH-UPS</a> X 5 REPS</p> <p>IMMEDIATELY FOLLOWED BY:</p> <p><a href="#">SINGLE ARM PRONE HAND PLANK RT</a> X 10 SECONDS</p> <p><a href="#">SINGLE ARM PRONE HAND PLANK LT</a> X 10 SECONDS</p> <p>REST 60 SECONDS</p>
WOD	<p><b>"HOMESTYLE HELEN"</b></p> <p><b>THREE ROUNDS FOR TIME:</b></p> <ul style="list-style-type: none"> <li>RUN 400M OR BIKE 30/20 CALORIES OR ROW 500 METERS</li> <li>21 AMERICAN KETTLEBELL SWINGS</li> <li>12 PULL-UPS</li> </ul>	<p>FOR TODAY'S WOD, WE'RE LAYING DOWN A LITTLE GIRL WOD BENCHMARK TEST TO RETEST IN THE FUTURE. WE'RE GONNA MAKE SOLID IMPROVEMENTS OVER THE COURSE OF THE NEXT 4-6 WEEKS. WHATEVER YOU CHOOSE FOR MOVEMENT CHANGE-UPS, REMEMBER THEM, SO YOU CAN HIT IT AGAIN.</p> <p>SCALE RUN DISTANCE TO 200M BIKE TO 20/15 CALORIES OR ROW TO 250 METERS</p> <p>FOR AMERICAN KETTLEBELL SWINGS = PERFORM 30 AIR SQUATS</p> <p>FOR PULL-UPS = PERFORM 12 BURPEES</p>	WOD	<p><b>"QUICK AND DIRTY"</b></p> <p>AGAINST A 4 MINUTE CLOCK, PERFORM AS MANY ROUNDS AND REPS AS POSSIBLE OF:</p> <ul style="list-style-type: none"> <li>4 <a href="#">RENEGADE ROWS</a></li> <li>30 DOUBLE UNDERS</li> </ul> <p>(PUSH-UP + ROW RT + PUSH-UP + ROW LT = 1 REP)</p> <p>REST 2 MINUTES, AND REPEAT FOR ANOTHER 4 MINUTE AMRAP.</p>	<p>FOUR MINUTES IS PLENTY OF TIME TO GET IN SOME GOOD VOLUME TODAY. MAKE SURE THAT YOU DON'T RUSH THE PUSH-UPS AND THE ROWS. OPERATE WITH PROPER RANGE OF MOTION AND HOLD GOOD PLANKS! SPEND SOME GOOD TIME ON YOUR DOUBLE UNDERS. REP SCALE IF NECESSARY, OR HIT SOME PENGUIN CLAPS OR JUMPING JACKS.</p> <p><a href="#">SUB PLANK PUSH-UP REACH AND TWISTS FOR RENEGADE ROW</a></p>		

# WEDNESDAY

# THURSDAY

# WEEK 1

WARM-UP	<p><b>TWO SETS OF:</b>            30 JUMPING JACKS            10 ALTERNATING <a href="#">BIRD DOG</a>            20 <a href="#">HIGH KNEE SKIPS</a>            10 <a href="#">ALTERNATING BENT DEAD BUG</a>            10 TUCK JUMPS</p>	WARM-UP	<p><b>TWO SETS OF:</b>            5 YOGA PUSH-UPS            10 ALTERNATING "HAND WALK" <a href="#">COSSACK SQUAT</a>            (PLACE HANDS ON GROUND FOR SUPPORT)            5 GROUND TO SKY TOUCHES            10 MOUNTAIN WALKS</p>
STRENGTH	<p><b>HOME GYM</b></p> <p><b>EVERY 2:30 FOR 10 MINUTES (4 SETS):</b>            DEADLIFT            X 5 REPS            (GO AS HEAVY AS YOU CAN ON ALL FIVE REPS TO PERFORM THEM UNBROKEN WITH A DOUBLE OVERHAND GRIP)</p>	<p><b>LIMITED EQUIPMENT</b></p> <p><b>THREE SETS OF:</b>  <a href="#">FARMER'S CARRY REVERSE LUNGE</a>            X 16 ALTERNATING REPS (8 REPS EACH LEG)            REST 30 SECONDS            BANDED PULL-THROUGH            X 12 REPS            REST 60 SECONDS</p>	<p><b>NO EQUIPMENT</b></p> <p>THREE SETS OF:            45 SECONDS OF:            BODYWEIGHT REVERSE LUNGE            REST 15 SECONDS  <a href="#">SINGLE LEG GLUTE BRIDGE HOLD</a>            X 20 SECONDS/SIDE            REST 60-90 SECONDS</p>
WOD	<p><b>"HOPS AND UPS"</b></p> <p><b>EVERY MINUTE ON THE MINUTE FOR 12 MINUTES (6 SETS):</b>            MIN 1 = 20-30 <a href="#">LATERAL SQUAT JUMPS</a>            OR  <a href="#">LATERAL HOPS</a> OVER BAR OR LINE            MIN 2 = 2-4 <a href="#">TURKISH GET-UPS</a></p>	WOD	<p><b>"HOMESTYLE FIFTY"</b>            FOR TIME:            50 DOUBLE UNDERS OR JUMPING JACKS            50 SIT-UPS            50 HANG POWER CLEANS (75/55) OR <a href="#">SINGLE ARM DUMBBELL DUMBBELL HANG CLEAN</a>            50 WALKING LUNGES            50 PUSH PRESSES (75/55) OR <a href="#">SINGLE ARM DUMBBELL PUSH PRESS</a>            50 <a href="#">MEDBALL CLEANS</a> OR "OBJECT" SQUAT CLEAN            50 DOWN-UPS</p> <p>ANOTHER TESTER, THIS TIME IN THE CHIPPER FASHION AND WITH LOTS OF VARIETY. REMEMBER WHAT YOU CHOOSE, BUT MAKE SURE TO NOT PICK VARIETIES THAT STALL YOU TOO MUCH. YOU SHOULD BE ABLE TO PUT BIG SETS TOGETHER!</p>

# FRIDAY

# SATURDAY

# WEEK 1

WARM-UP	<p><b>TWO SETS OF:</b></p> <ul style="list-style-type: none"> <li>10 <a href="#">BODYWEIGHT GOOD MORNINGS</a></li> <li>10 AIR SQUATS</li> <li>10 <a href="#">LATERAL LUNGES</a></li> <li>10 <a href="#">DYNAMIC SQUAT JUMPS</a></li> <li>10 SIT-UPS</li> </ul>	WARM-UP	<p><a href="#">THE GENERAL WARM-UP</a></p> <p>PERFORM 10 REPS OF EACH MOVEMENT IN THE ATTACHED VIDEO. (CLICK TITLE)</p>				
STRENGTH	<p><b>HOME GYM</b></p> <p>EVERY 90 SECONDS FOR 12 MINUTES (8 SETS):</p> <ul style="list-style-type: none"> <li>2 DEADLIFTS OR BANDED DEADLIFTS @ 60-70% + BAND TENSION</li> <li>2 BOX JUMPS (HIGH, AND STEP DOWN)</li> </ul>	<p><b>LIMITED EQUIPMENT</b></p> <p><b>FOUR SETS OF:</b></p> <p><a href="#">DUMBBELL VERTICAL JUMPS</a> X 5 REPS</p> <p>IMMEDIATELY FOLLOWED BY:</p> <p>BOX JUMP OR VERTICAL JUMP X 4 REPS</p> <p>REST 90 SECONDS</p>	<p><b>NO EQUIPMENT</b></p> <p><b>FOUR SETS OF:</b></p> <p><a href="#">DEPTH DROP</a> X 2 REPS</p> <p>IMMEDIATELY FOLLOWED BY:</p> <p><a href="#">DEPTH DROP + BROAD JUMP</a> X 1 REPS</p> <p>IMMEDIATELY FOLLOWED BY:</p> <p>BROAD JUMP X 1 REP</p> <p>IMMEDIATELY FOLLOWED BY:</p> <p>"HILL CLIMBERS" X 20 SECONDS</p> <p>REST 60 SECONDS</p>	STRENGTH	<p><b>HOME GYM</b></p> <p>MOVEMENT PREP WARM-UP...</p> <p>PERFORM 5-10 REPS OF EACH EXERCISE IN THE WOD.</p>	<p><b>LIMITED EQUIPMENT</b></p> <p>MOVEMENT PREP WARM-UP...</p> <p>PERFORM 5-10 REPS OF EACH EXERCISE IN THE WOD.</p>	<p><b>NO EQUIPMENT</b></p> <p>MOVEMENT PREP WARM-UP...</p> <p>PERFORM 5-10 REPS OF EACH EXERCISE IN THE WOD.</p>
WOD	<p><b>"HOMESTYLE - 400M FARMER"</b></p> <p>FOR TIME:</p> <p>400M FARMER'S CARRY (50/35 LBS. DUMBBELLS)</p> <p>EVERY DROP OF THE DUMBBELLS PERFORM 5 BURPEES.</p>	<p>FIND BUCKETS, DUMBBELLS, KETTLEBELLS, GALLON JUGS... ANYTHING THAT YOU CAN HANG ONTO FOR A LONG WALK, AND A LONG CHALLENGE. THIS IS GONNA TAX THAT GRIP!</p>	WOD	<p><b>HOMESTYLE FIGHT GONE BAD</b></p> <p>THREE ROUNDS FOR MAX REPS:</p> <p>60 SECONDS OF: WALL BALLS (20/14)</p> <p>60 SECONDS OF: SUMO DEADLIFT HIGH PULL (75/55)</p> <p>60 SECONDS OF: BOX JUMPS (20")</p> <p>60 SECONDS OF: PUSH PRESS (75/55)</p> <p>60 SECONDS OF: AMERICAN KETTLEBELL SWING (24/16)</p> <p>REST 60 SECONDS</p> <p>TOTAL REPS ACROSS THREE ROUNDS = SCORE</p>	<p>SCALES AND SUBSTITUTIONS:</p> <p>WALL BALLS = JUMPING LUNGES, JUMPING SQUATS, OR AIR SQUATS</p> <p>SUMO DEADLIFT HIGH PULL = KETTLEBELL HIGH PULL, OR DUMBBELL POWER CLEANS</p> <p>BOX JUMPS = STEP-UPS OR LUNGES</p> <p>PUSH PRESS = DUMBBELL PUSH PRESS OR HAND-RELEASE PUSH-UPS</p> <p>AMERICAN KETTLEBELL SWINGS = SINGLE ARM DUMBBELL SNATCH</p> <p>NOTE YOUR VARIATIONS FOR REPEATABILITY!</p>		