

You

**The JYT Home Workout Program
Warm Up**

Foam Rolling

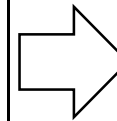
Back	30-60s
Glutes	30-60s
Quads	30-60s
Additional Soft Tissue	30-60s

Warm Up

Hip Mobility Series	x10e
Prisoner Squats	x10
Lateral Squats	x10e
Good Mornings	x10
Wide Good Mornings	x5
Staggard Good Mornings	x5e
Hip Circles	x10e
Arm Circles	x10e
Back Slaps	x10
PVC Dislocates	x10

Goals For This Month

1.)
2.)
3.)



Action Steps

1.)
2.)
3.)

Day 1

Home Workout

You

Ab Circuit

[Front Plank](#)

[Eagle Sit Ups](#)

[Toe Touches](#)

Strength Circuit

[Push Ups \(Modified\)](#)

[Split Squat](#)

[Glute Bridge](#)

[Prone Y,T,W's](#)

Stretch Circuit

[Toe On Bench Stretch](#)

[Glute Stretch](#)

[Lat Stretch](#)

Conditioning

Walk

Run

Bike

Calisthenics

Week 1				Week 2				Week 3				Week 4			
S & R	Load	%	Tempo	S & R	Load	%	Tempo	S & R	Load	%	Tempo	S & R	Load	%	Tempo
2 x 2	BW		15s Hold	2 x 3	BW		15s Hold	2 x 4	BW		15s Hold	2 x 2	BW		15s Hold
2 x 8	BW		Normal	2 x 10	BW		Normal	2 x 12	BW		Normal	2 x 8	BW		Normal
2 x 8	BW		Normal	2 x 10	BW		Normal	2 x 12	BW		Normal	2 x 8	BW		Normal
3x	BW		Normal	3x	BW		Normal	3x	BW		Normal	3x	BW		Normal
3 x 8e	BW		3s Hold	3 x 10e	BW		3s Hold	3 x 12e	BW		3s Hold	3 x 8e	BW		3s Hold
3 x 8	BW		3s Hold	3 x 10	BW		3s Hold	3 x 12	BW		3s Hold	3 x 8	BW		3s Hold
3 x 8e	BW		Normal	3 x 10e	BW		Normal	3 x 12e	BW		Normal	3 x 8e	BW		Normal
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
20-60 minutes				20-60 minutes				20-60 minutes				20-60 minutes			
Post WO and/or days off															

Day 2

Home Workout

You

Ab Circuit

- [Side Hip Ups](#)
- [McGill Sit Ups](#)
- [Straight Leg Raise](#)

Strength Circuit

- [Wide Push Ups \(Modified\)](#)
- [Squats](#)
- [Glute Bridge](#)
- [Lateral Leg Raises](#)

Stretch Circuit

- [Toe On Bench Stretch](#)
- [Glute Stretch](#)
- [Lat Stretch](#)

Conditioning

- Walk
- Run
- Bike
- Calisthenics

Week 1				Week 2				Week 3				Week 4			
S & R	Load	%	Tempo	S & R	Load	%	Tempo	S & R	Load	%	Tempo	S & R	Load	%	Tempo
2 x 8e	BW		Normal	2 x 10e	BW		Normal	2 x 12e	BW		Normal	2 x 8e	BW		Normal
2 x 8e	BW		Normal	2 x 10e	BW		Normal	2 x 12e	BW		Normal	2 x 8e	BW		Normal
2 x 8	BW		Normal	2 x 10	BW		Normal	2 x 12	BW		Normal	2 x 8	BW		Normal
3x	BW		Normal	3x	BW		Normal	3x	BW		Normal	3x	BW		Normal
3 x 15	BW		Normal	3 x 18	BW		Normal	3 x 20	BW		Normal	3 x 15	BW		Normal
3 x 4	BW		5s Hold	3 x 5	BW		5s Hold	3 x 6	BW		5s Hold	3 x 4	BW		5s Hold
3 x 15e	BW		Normal	3 x 18e	BW		Normal	3 x 20e	BW		Normal	3 x 15e	BW		Normal
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
20-60 minutes				20-60 minutes				20-60 minutes				20-60 minutes			
Post WO and/or days off															

Day 3

Home Workout

You

Ab Circuit

[1/2 Side Plank Leg Lift](#)

[Crunches](#)

[Heel Touches](#)

Strength Circuit

[Close Push Ups \(Modified\)](#)

[Lateral Squats](#)

[Scapular Push Ups](#)

[Glute Bridge](#)

Stretch Circuit

[Toe On Bench Stretch](#)

[Glute Stretch](#)

[Lat Stretch](#)

Conditioning

Walk

Run

Bike

Calisthenics

Week 1				Week 2				Week 3				Week 4			
S & R	Load	%	Tempo	S & R	Load	%	Tempo	S & R	Load	%	Tempo	S & R	Load	%	Tempo
2 x 8e	BW		Normal	2 x 10e	BW		Normal	2 x 12e	BW		Normal	2 x 8e	BW		Normal
2 x 15	BW		Normal	2 x 18	BW		Normal	2 x 20	BW		Normal	2 x 15	BW		Normal
2 x 15e	BW		Normal	2 x 18e	BW		Normal	2 x 20e	BW		Normal	2 x 15e	BW		Normal
3x	BW		Normal	3x	BW		Normal	3x	BW		Normal	3x	BW		Normal
3 x 8e	BW		Normal	3 x 10e	BW		Normal	3 x 12e	BW		Normal	3 x 8e	BW		Normal
3 x 15	BW		Normal	3 x 15	BW		Normal	3 x 15	BW		Normal	3 x 15	BW		Normal
3 x 15	BW		Normal	3 x 18	BW		Normal	3 x 20	BW		Normal	3 x 15	BW		Normal
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
20-60 minutes				20-60 minutes				20-60 minutes				20-60 minutes			
Post WO and/or days off															