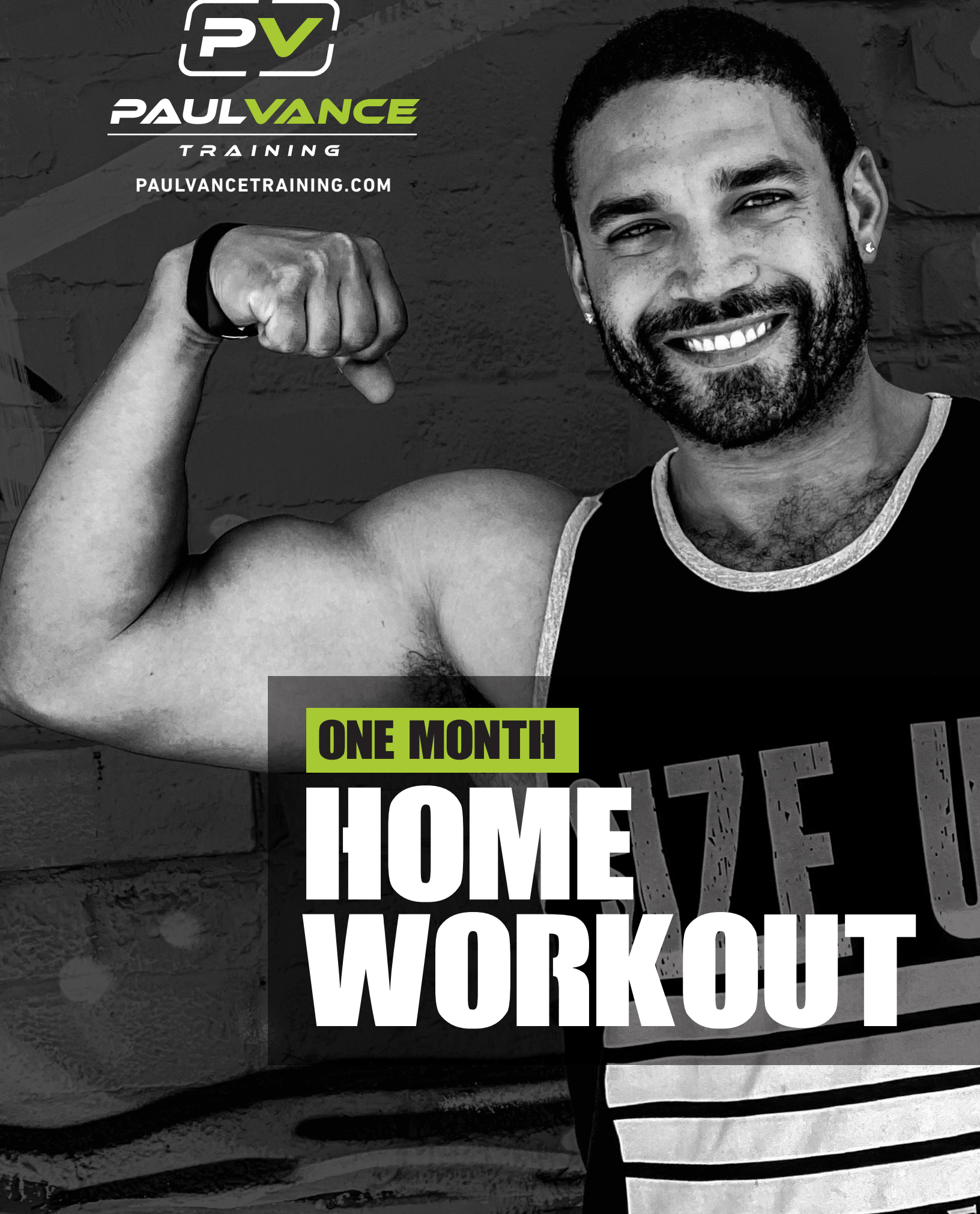




**PAULVANCE**

TRAINING

PAULVANCETRAINING.COM



**ONE MONTH**

# HOME WORKOUT

# WEEK 1

## MONDAY

### WARM UP

- [ ] 5 min plank progression
- [ ] 50 v-ups
- [ ] 4 min plank progression
- [ ] 50 pump crunch
- [ ] 3 min plank progression
- [ ] 50 toe touches
- [ ] 2 min plank progression
- [ ] 50 full sit ups
- [ ] 1 min plank progression
- [ ] 50 body flat crunches

\*Progression - on palms drive knee to opposite elbow.  
Then, plank down (to your forearms) drive knee to same elbow.

## TUESDAY

### WARM UP

- [ ] 5 Sets 20 Reps
  - 1A) 2 minutes (min. 1 Jumping jacks....min. 2 Burpees)
  - 1B) Push-ups
  - 1C) Jump squats
- [ ] 3 sets
  - 2A) Plank As Long As Possible

## WEDNESDAY

### WARM UP

- [ ] 5 sets
  - 1A) 30 second mountain climbers
  - 1B) 30 second side plank
  - 1C) Other side
- [ ] 5 sets
  - 2A) 1-minute wall sit
  - 2B) lunges 30 Sec
  - 2C) Other side

## THURSDAY

### WARM UP

- [ ] EMOM 15 minutes
  - 1A) 10 push ups
  - 1B) 10 squats
- [ ] EMOM 15 minutes
  - 2A) 10 Crunches
  - 2B) 10 Full Sit Ups

## FRIDAY

### WARM UP

- [ ] 5 Sets
  - 1A) 25 V-ups
  - 1B) 10 DB Snatches
  - 1C) 10 Snatches
- [ ] 4 Sets
  - 2A) 25 Dead bugs
  - 2B) 12 Dips
  - 2C) 12 DB Curls
- [ ] 3 Sets
  - 3A) 10 DB Clean & Press
  - 3B) 10 Side Raise
  - 3C) 10 Front Raise

# WEEK 2

## MONDAY

### WARM UP

- [ ] 5 sets
  - 1A) 10 DB Sit Up & Press
  - 1B) 8 Squat & Lunge
  - 1C) 10 Glute Bridges
- [ ] 4 Sets
  - 2A) 12 Back Extension (Superman)
  - 2B) 10 DB Chest Press
  - 2C) 10 DB Fly
- [ ] 4 sets
  - 3A) 10 Upright Row
  - 3B) 20 Sit ups

## TUESDAY

### WARM UP

- [ ] 5 sets
  - 1A) 2 Min MAX Cardio
  - 1B) 10 Thrusters
  - 1C) 10 Step Ups
- [ ] 4 Sets
  - 2A) 12 Plank Progressions
  - 2B) 12 Pump Crunch
  - 2C) 12 Toe Touches (Weighted)
- [ ] 4 sets
  - 3A) 30 Seconds Overhead Farmers Walk
  - 3B) 10 Sumo Squat High Pulls

## WEDNESDAY

### WARM UP

- [ ] 4 Sets 12 Reps
  - 1A) Banded Sidekicks
  - 1B) Banded Kickbacks
- [ ] 4 Sets 12 Reps
  - 2A) Banded Squats/Hip Abduction
  - 2B) Glute Bridge/Hip Abduction
- [ ] 4 Sets 1 Min
  - 3A) Wall Sits
  - 3B) Calf Raises
- [ ] 4 Sets 12 Reps
  - 4A) Curtsy Lunges
  - 4B) Step Ups

## THURSDAY

### WARM UP

- [ ] 45 Minutes of Cardio

## FRIDAY

### WARM UP

- [ ] 10 Minutes of Cardio
- [ ] 4 Sets - 1 min of each. Rest 1-2 mins after each set
  - 1A) Crunches
  - 1B) Sit Ups
  - 1C) Toe Touch
  - 1D) Leg Raise

# WEEK 3

## MONDAY

### WARM UP

- [ ] 3 Sets 1 Minute
  - 1A) Burpees
  - 1B) Planks
- [ ] 3 Sets 1 Minute
  - 2A) Jumping Jacks
  - 2B) Side Planks (Same side for all sets)
- [ ] 3 Sets 1 Minute
  - 3A) Mountain Climbers
  - 3B) Side Planks (Opposite side from 2B)
- [ ] 3 Sets 1 Minute
  - 4A) Crossover Mountain Climbers
  - 4B) Heel Touches

## TUESDAY

### WARM UP

- [ ] 20 Minutes 10 Reps of Each AMRAP
  - 1A) Hand Release Push Ups
  - 1B) Dips
  - 1C) Squats
  - 1D) Jump Squats
  - 1E) Pulsing Squats

## WEDNESDAY

### WARM UP

- [ ] 5 sets
  - 1A) Cardio 2 minutes
  - 1B) 20 Push-Ups
  - 1C) 20 Lunges

## THURSDAY

### WARM UP

- [ ] 30 Minutes of Interval Training
  - 1 Minute Up
  - 2 Minutes Down

## FRIDAY

### WARM UP

- [ ] 40 Reps
  - Lunges (Each Leg)
  - T Push Ups
  - Thrusters
  - Side Raises
- [ ] 30 Reps
  - Lunges (Each Leg)
  - T Push Ups
  - Thrusters
  - Side Raises
- [ ] 20 Reps
  - Lunges (Each Leg)
  - T Push Ups
  - Thrusters
  - Side Raises
- [ ] 10 Reps
  - Lunges (Each Leg)
  - T Push Ups
  - Thrusters
  - Side Raises

# WEEK 4

## MONDAY

### WARM UP

- [ ] 45min - 60 of Cardio

## TUESDAY

### WARM UP

- [ ] 4 Sets 12 Reps
  - 1A) Sumo Squats
  - 1B) Stationary Lunges
- [ ] 4 Sets 12 Reps
  - 2A) Split Squats
  - 2B) Front Squats
- [ ] 4 Sets 12 Reps
  - 3A) Side Lunges
  - 3B) Calf Raises
- [ ] 4 Sets 12 Reps
  - 4A) Suitcase Squats
  - 4B) Stiff Leg Deadlifts

## WEDNESDAY

### WARM UP

- [ ] 4 Sets 30 Seconds
  - 1A) Plank
  - 1B) Side Plank
  - 1C) Side Plank (Opposite side of 1B)
- [ ] 4 Sets 20 Reps
  - 2A) Bicycles
  - 2B) Crunches
- [ ] 4 Sets 15 Reps
  - 3A) Sit Ups
  - 3B) Pump Crunch
- [ ] 4 Sets 12 Reps
  - 4A) V-Ups
  - 4B) Side Crunch

## THURSDAY

### WARM UP

- [ ] 7 Sets 12 Reps
  - 1A) Lunge & Curl
  - 1B) Squat & High Pulls
  - 1C) Stiff Leg Deadlift & Front Raise
  - 1D) DB Sit Up & Press
  - 1E) Plank Drag

## FRIDAY

### WARM UP

- [ ] 30 Minutes of Interval Training
  - 1 Minute Up
  - 2 Minutes Down