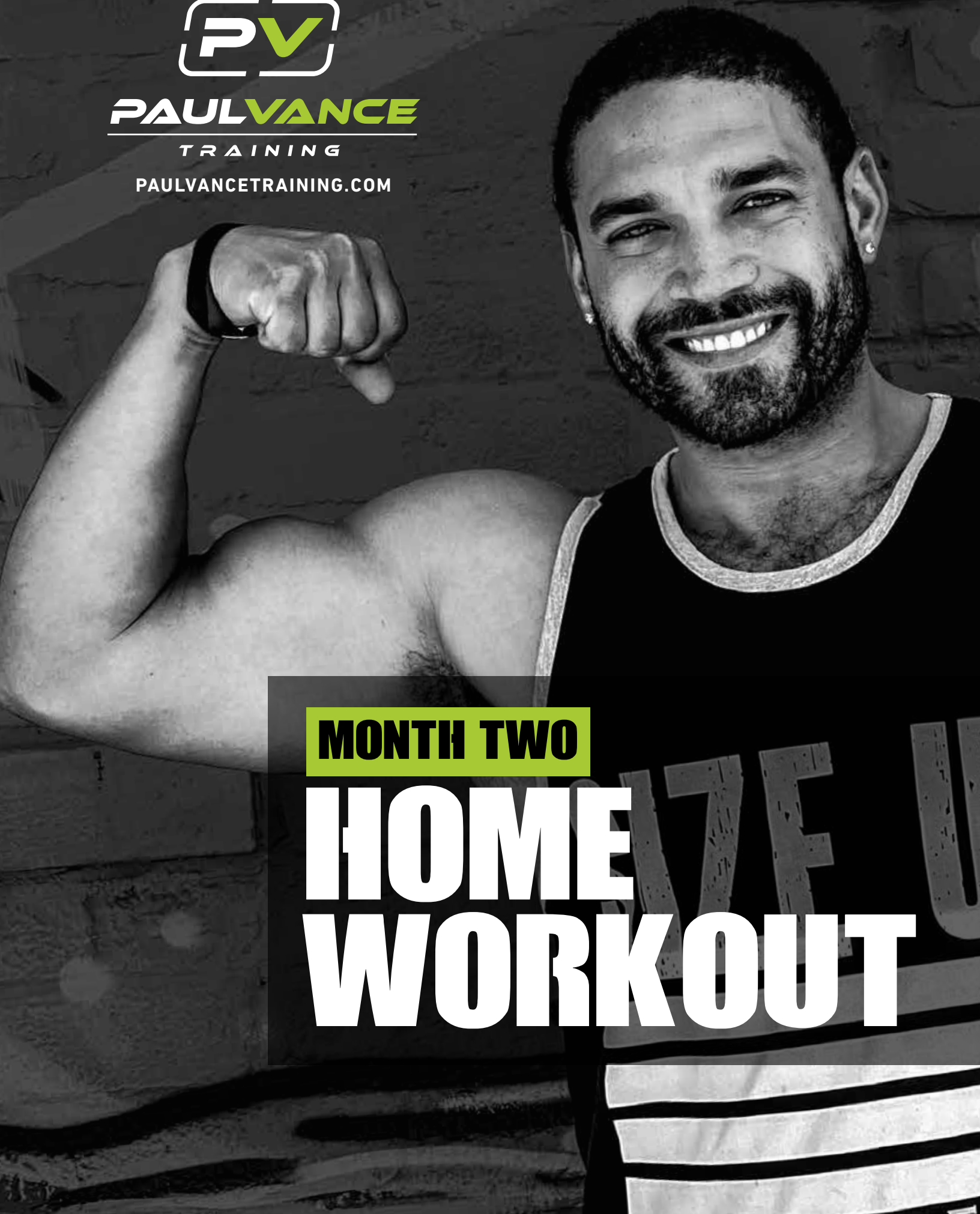




PAULVANCE

TRAINING

PAULVANCETRAINING.COM



MONTH TWO

HOME WORKOUT

WEEK 1

MONDAY

WARM UP

- [] **5 Minute Wall Sit**
Every break 10 Squats
- [] **5 Minute Plank**
Every Break 10 Push Ups
- [] **5 Minute Step Ups**
Every Break 10 Jump Squats
- [] **5 Minute Crunches**
Every Break 10 Leg Raise

TUESDAY

WARM UP

- [] **30 Minutes AMRAP 12 Reps Each**
 - 1A) Down Ups
 - 1B) Air Squats
 - 1C) Push Ups
 - 1D) Leg Lifts

WEDNESDAY

WARM UP

- [] **45 Minutes of Cardio**

THURSDAY

WARM UP

- [] **EMOM 15 minutes**
 - 1A) 8 DB Push Press
 - 1A) 8 Thrusters
- [] **EMOM 15 minutes**
 - 2A) 8 DB Cleans
 - 2B) 8 DB Alt Snatches

FRIDAY

WARM UP

- [] **4 Sets 10 Reps**
 - 1A) DB Curls
 - 1B) DB Kickbacks
- [] **4 Sets 10 Reps**
 - 2A) Dips
 - 2B) DB Hammer Curls
- [] **4 Sets 10 Reps**
 - 3A) Tricep Push Ups
 - 3B) Zottman Curls
- [] **4 Sets 10 Reps**
 - 4A) DB Single Arm Overhead Extension
 - 4B) Unsupported Seated Curls

WEEK 2

MONDAY

WARM UP

- [] **30 Minutes AMRAP 10 Reps Each**
 - 1A) Squat & Curl
 - 1B) Sit Up & Press
 - 1C) Lunge & Side Raise (10 Each leg)
 - 1D) Sumo Squats & Front Raise

TUESDAY

WARM UP

- [] **20 Minutes AMRAP**
 - 1A) Burpees
 - 1B) Jumping Jacks
 - 1C) Floor Jacks
 - 1D) Knee to Chest
- *10 Reps of All Exercises**

WEDNESDAY

WARM UP

- [] **45 Minutes of Cardio**

THURSDAY

WARM UP

- [] **30 Minutes AMRAP 10 Reps Each**
 - 1A) Burpees
 - 1B) Dips
 - 1C) Plank Progressions
 - 1D) Kickbacks
 - 1E) Step Ups

FRIDAY

WARM UP

- [] **30 Minutes AMRAP 12 Reps Each**
 - 1A) Half Burpees
 - 1B) Curls
 - 1C) Plank Drags
 - 1D) Hammer Curls
 - 1E) Weighted Jumping Jacks

WEEK 3

MONDAY

WARM UP

- [] **3 Sets 10 Reps**
 - 1A) Step Ups
 - 1B) Reverse Lunges
- [] **3 Sets 10 Reps**
 - 2A) Jumping Jacks
 - 2B) Forward Lunges
- [] **3 Sets 10 Reps**
 - 3A) Thrusters
 - 3B) Jump Squats
- [] **3 Sets 10 Reps**
 - 4A) Glute Bridge
 - 4B) Calf Raise

TUESDAY

WARM UP

- [] **4 Sets 1 Minute Each 1 Minute Rest After Each Set**
 - 1A) Box Jumps
 - 1B) Sumo Squats
 - 1C) High Pulls
 - 1D) Down Ups
 - 1E) DB Clean & Press

WEDNESDAY

WARM UP

- [] **45 Minutes of Cardio**

THURSDAY

WARM UP

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

FRIDAY

WARM UP

- [] **Reps 40, 30, 20, 10**
Go through each exercise for 40 reps then 30...
 - 1A) Leg Raise
 - 1B) Weighted Sit Ups
 - 1C) Weighted Crunches
 - 1D) Russian Twist

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
- [] **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

- [] **45 Minutes of Cardio**

THURSDAY

WARM UP

- [] **7 Sets 12 Reps**
 - 1A) Glute Bridge
 - 1B) Banded Kickbacks
 - 1C) Banded Sidekicks
 - 1D) Laying Sidekicks
 - 1E) Hip Thrusters

FRIDAY

WARM UP

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

