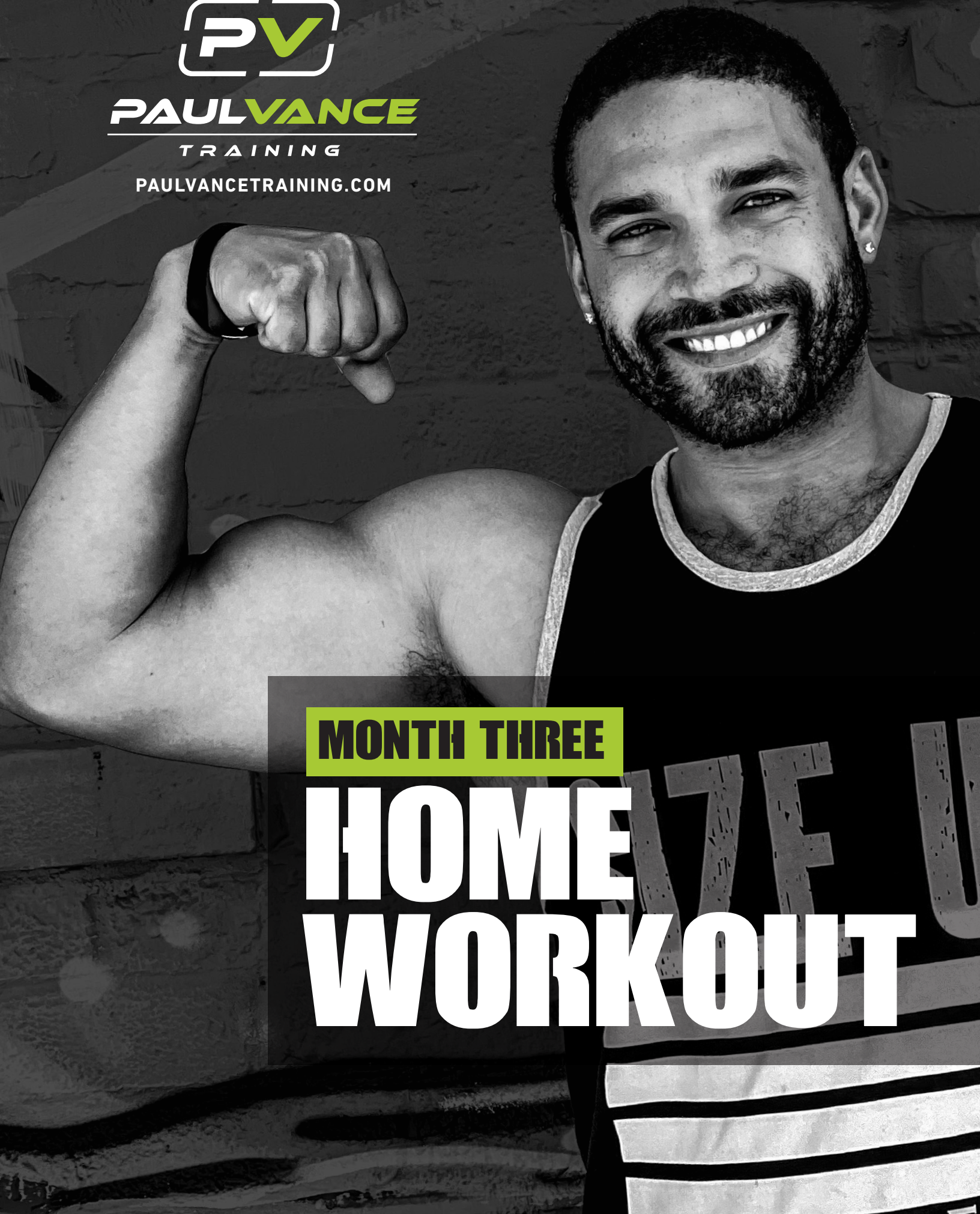




**PAULVANCE**

TRAINING

PAULVANCETRAINING.COM



**MONTH THREE**

# HOME WORKOUT

# WEEK 1

## MONDAY

### WARM UP

- [ ] 10 Minutes of Cardio
- [ ] 20 Minutes EMOM 15 Reps
  - 1A) Push Ups
  - 1B) Sit Ups

## TUESDAY

### WARM UP

- [ ] 20 Minutes AMRAP
  - 1A) 10 Burpees
  - 1B) 10 Side Raises
  - 1C) 10 Front Raises
  - 1D) 10 Shoulder Press

## WEDNESDAY

### WARM UP

- [ ] 45 Minutes of Cardio

## THURSDAY

### WARM UP

- [ ] EMOM 15 minutes
  - 1A) 12 Lunges (Each Leg)
  - 1B) 12 Jump Squats
- [ ] EMOM 15 minutes
  - 2A) 12 Glute Bridges
  - 2B) 15 Crunches

## 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) Banded Kickbacks
  - 3B) Banded Curls
- [ ] 4 Sets 10 Reps
  - 4A) Banded Reverse Curls
  - 4B) Laying Skull Crushers

# WEEK 2

## MONDAY

### WARM UP

- [ ] 30 Minutes AMRAP 10 Reps Each
  - 1A) Squat & Press
  - 1B) Sit Up & Russian Twist
  - 1C) Lunge & Curl (10 Each leg)
  - 1D) Sumo Squats & High Pull

## TUESDAY

### WARM UP

- [ ] 30 Minutes AMRAP 12 Reps Racj
    - 1A) Burpees
    - 1B) Floor Jacks
    - 1C) Jumping Jacks
    - 1D) Mountain Climber (12 each leg drive)
    - 1E) Flutter Kicks
- \*10 Reps of All Exercises**

## WEDNESDAY

### WARM UP

- [ ] 45 Minutes of Cardio

## THURSDAY

### WARM UP

- [ ] 30 Minutes AMRAP 10 Reps Each
  - 1A) In & Out Squats
  - 1B) Single Leg High Step Ups
  - 1C) Stiff Leg RDL
  - 1D) Hip Thrusters
  - 1E) Glute Bridge

## FRIDAY

### WARM UP

- [ ] 30 Minutes AMRAP 12 Reps Each
  - 1A) Wide Grip Push Ups
  - 1B) Archer Push Ups
  - 1C) Single Leg Raises
  - 1D) DB Floor Press
  - 1E) DB Fly

# WEEK 3

## MONDAY

### WARM UP

- [ ] **3 Sets 10 Reps**
  - 1A) Split Squats
  - 1B) Reverse Lunges
- [ ] **3 Sets 10 Reps**
  - 2A) Jumping Jacks
  - 2B) Forward Lunges
- [ ] **3 Sets 10 Reps**
  - 3A) DB Squats
  - 3B) Jump Squats
- [ ] **3 Sets 10 Reps**
  - 4A) Hip Thrusters
  - 4B) Calf Raise

## TUESDAY

### WARM UP

- [ ] **4 Sets 1 Minute Each 1 Minute Rest After Each Set**
  - 1A) Cardio
  - 1B) Push Ups
  - 1C) Pump Crunches
  - 1D) Forward Lean Dips
  - 1E) Leg Raise

## WEDNESDAY

### WARM UP

- [ ] **45 Minutes of Cardio**

## THURSDAY

### WARM UP

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

## FRIDAY

### WARM UP

- [ ] **EMOM 32 Minutes 10 Reps each**
  - 1A) Lateral Burpees
  - 1B) High Knees (Each)
  - 1C) Down Ups
  - 1D) Hollow Rocks

# WEEK 4

## MONDAY

### WARM UP

- [ ] **45min - 60 of Cardio**

## TUESDAY

### WARM UP

- [ ] **4 Sets 12 Reps**
  - 1A) Reverse Lunges
  - 1B) Stationary Lunges
- [ ] **4 Sets 12 Reps**
  - 2A) Leg Lifts
  - 2B) Front Squats
- [ ] **4 Sets 12 Reps**
  - 3A) Side Lunges
  - 3B) Calf Raises
- [ ] **4 Sets 12 Reps**
  - 4A) Single Leg RDL
  - 4B) Hip Thrusters

## WEDNESDAY

### WARM UP

- [ ] **45 Minutes of Cardio**

## THURSDAY

### WARM UP

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

## FRIDAY

### WARM UP

- [ ] **EMOM 30 Minutes**
  - 10 Burpee DL
  - 10 Lunges and Shoulder Press
  - 10 DB Clean and Squat

