

# The 14-Day At-Home Workout Plan

**Use this total-body training guide to get fitter and stronger—every single day**

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We created this 2-week fitness template specifically for these times.

To complete the exercises, you don't need a huge space or any equipment. For extra load, you can use a backpack stuffed with books or cans.

Each session builds on the one before it, hitting different muscle groups in a variety of ways. In fact, this workout plan is designed to help you:

## **Grow stronger in all the ways you move.**

One of the downsides of some of the free workouts populating the online space? They work your body in one direction—usually forward and back or up and down (called the sagittal plane). Think pushups, lunges, and squats.

When you do exclusively sagittal plane exercises, you can bias your body's movement and positioning out of balance. You lock more tension and strength into the patterns and muscles that drive sagittal motion. Without creating balance with other forms of motion, you can get stuck there.

That can make you worse at some of the other movements required for daily life, which rarely constrain themselves to straight lines. This not only impairs your athletic potential but can make you more vulnerable to injury over time.

That's why these workouts train your body in multiple directions: side to side (known as the frontal plane) and rotationally (known as the transverse plane).



## **Train different types of fitness.**

These workouts also provide a variety of protocols and intensity levels. This variation is distributed in a way that allows you to train every day while hitting different muscle groups and energy systems.

By threading multiple forms of training together, you'll do workouts that support one another while distributing training stress and recovery demand more evenly throughout the week.

Some workouts improve anaerobic fitness. For example, the ladders (week 2, conditioning workout #3) and escalating density training workouts (week 1, strength workout #3) give you the opportunity to push yourself as hard as you're comfortable with in a way that drives up your heart rate, pushes your lactate threshold, and leaves you gasping for air.

Other workouts target the energy systems needed for short, powerful bursts like sprinting and jumping, as well as the ability to recover rapidly between those efforts.

Still others boost submaximal aerobic fitness by keeping your heart rate steadily elevated, but at a level that's relatively easy and sustainable. This helps build your ability to do more work while making it feel easier.

## **Stay mentally and physically fresh by varying intensity, volume, and movement patterns.**

One day, you might find a workout to be super hard. But on another? It may seem much easier.

This is intentional. In some workouts, there are lots of sagittal plane and extension-based movements. In others, there are lots of movements that give your powerful extensor muscles a break and shift emphasis to other muscle groups.



End result: You can work out as often as every single day—no gym, bike, or running shoes required.

## About the workouts

In these two-week programs, you'll find workouts for every day of the week. Use the calendar as an example of how to plan your workouts—but know it doesn't matter what day you start. Just use the same order shown in the calendar, regardless of whether Day 1 is a Monday or a Friday.

Most of these workouts require nothing other than your body. For the few that call for external resistance, any heavy object will do. Try a suitcase or a backpack filled with books, cans, or other heavy items. If you feel like the weight you have doesn't provide enough of a challenge, you can also add:

- A 2-3 second pause at the midpoint of most exercises.
- A slower tempo, particularly when you're lowering the weight (a five-second lowering phase can make light loads feel monumental).

|        | Mon                         | Tue                      | Wed                         | Thu                      | Fri                         | Sat                      | Sun  |
|--------|-----------------------------|--------------------------|-----------------------------|--------------------------|-----------------------------|--------------------------|------|
| Week 1 | <a href="#">Strength #1</a> | <a href="#">Cond. #1</a> | <a href="#">Strength #2</a> | <a href="#">Cond. #2</a> | <a href="#">Strength #3</a> | <a href="#">Cond. #3</a> | Yoga |
| Week 2 | <a href="#">Strength #1</a> | <a href="#">Cond. #1</a> | <a href="#">Strength #2</a> | <a href="#">Cond. #2</a> | <a href="#">Strength #3</a> | <a href="#">Cond. #3</a> | Yoga |



## Warmups

Before your session, choose from one of three warmups.

Options 1 and 2 include yoga-style movements, based on principles adapted from the Postural Restoration Institute (PRI). Option 3 showcases more conventional movements that are more commonly done in a gym.

[Option 1](#) (moderate)

[Option 2](#) (challenging)

[Option 3](#) (moderate)



# Week 1

## Day 1

### Strength Workout #1

Today you'll focus on timed sets: lifting slowly (1 to 3 reps per 20 seconds), for a total of 3 minutes. Then you'll finish things off with a higher-intensity circuit.

| <b>CIRCUIT #1<br/>ROUNDS: 1-3</b> | <b>REPS</b>               | <b>TOTAL TIME</b> |
|-----------------------------------|---------------------------|-------------------|
| Suitcase Romanian Deadlift (RDL)  | 3 reps every 20 seconds   | 3 minutes         |
| Reverse lunge                     | 10 reps/side              |                   |
| Suitcase row                      | 2-3 reps every 20 seconds | 3 minutes         |
| Prone Y                           | 10 reps                   |                   |
| Plank push ups                    | 1 rep every 20 seconds    | 3 minutes         |
| Prone T                           | 10 reps                   |                   |
| <b>CIRCUIT #2<br/>ROUNDS: 3-5</b> | <b>REPS</b>               | <b>TOTAL TIME</b> |
| Single leg hip lift               | 10 per leg                | N/A               |
| Side plank                        | 30 seconds per side       | N/A               |
| Mountain climbers                 | 30 seconds                | N/A               |
| Rest                              | 60 seconds                |                   |



## Day 2

### Conditioning Workout #1

By building explosive power, core strength, and agility, these challenging circuits will keep you in shape for your favorite team sports.

| <b>CIRCUIT #1</b><br><b>ROUNDS: 4-8</b> | <b>REPS</b>        |
|---|--------------------|
| Alternating bodyweight split jumps      | 5 per side         |
| Pushup heel-drag cross-connect          | 3 per side         |
| Lateral Heiden                          | 5 per side         |
| Pushup heel-drag cross-connect          | 3 per side         |
| Side plank with reach and exhale        | 5 breaths per side |
| Rest                                    | 60 seconds         |
| <b>CIRCUIT #2</b><br><b>3 ROUNDS</b>    | <b>REPS</b>        |
| Single leg glute bridges                | 10 per side        |
| Reverse lunges                          | 10 per side        |
| Bear breathing shoulder tap             | 5 per side         |



## Day 3

### Strength Workout #2

This full-body strength session is broken down into 3 circuits. Choose between 1 and 3 rounds per circuit to up (or lower) the intensity.

| <b>CIRCUIT #1<br/>ROUNDS: 1-3</b>      | <b>REPS</b>                 |
|--|-----------------------------|
| Forward lunge                          | 10-15                       |
| Supine hip extension leg curl (SHELCL) | As many as possible (AMRAP) |
| Pushups                                | 5-10                        |
| <b>CIRCUIT #2<br/>ROUNDS: 1-3</b>      | <b>REPS</b>                 |
| Lateral lunge                          | 10-15 per leg               |
| Glute bridge                           | 20 per leg                  |
| Suitcase row                           | 5-10                        |
| <b>CIRCUIT #3<br/>ROUNDS: 1-3</b>      | <b>REPS</b>                 |
| ½ Turkish get-up (TGU)                 | 3 per side                  |
| Single leg Romanian deadlift (SLRDL)   | 10 per side                 |



## Day 4

### Conditioning Workout #2

Today's workout starts with a lower-body focused circuit to build stamina, followed by two challenging circuits dedicated to building solid core strength and endurance, which will transfer over to both future gym workouts and your everyday life.

| <b>CIRCUIT #1<br/>ROUNDS: 4</b>   | <b>REPS</b>             | <b>TOTAL TIME</b> |
|-----------------------------------|-------------------------|-------------------|
| Jump squats                       | 10                      |                   |
| Crossover reverse lunges          | 5 per side              |                   |
| Split squat jumps                 | 5 with each leg forward |                   |
| Rest                              |                         | 60 seconds        |
| <b>CIRCUIT #2<br/>ROUNDS: 1-2</b> | <b>REPS</b>             | <b>TOTAL TIME</b> |
| Bear sit-through                  | 30 seconds on, 30 off   | 5 minutes         |
| Rest                              |                         | 2 minutes         |
| Bear crawl forward and back       | 30 seconds on, 30 off   | 5 minutes         |
| Rest                              |                         | 2 minutes         |
| Dead bug                          | 30 seconds on, 30 off   | 5 minutes         |
| <b>CIRCUIT #3<br/>ROUNDS: 2-4</b> | <b>REPS</b>             | <b>TOTAL TIME</b> |
| Side planks                       | 30 seconds per side     |                   |
| Salute side planks                | Switch every 5 seconds  | 30 seconds        |



## Day 5

### Strength Workout #3

This escalating density training (EDT) session involves switching quickly between two exercises for an 8-minute timed session.

For example, you'll do 8 pushups. Then 8 squats. Then 8 pushups. Then 8 squats. Keep going back and forth, without a break, until your 8 minutes are up. Then move onto the next circuit.

|   |
|---|
| <b>EDT CIRCUIT #1</b><br>Alternate exercises, completing as many sets of 6-8 reps as you can in 8 minutes, with no rest in between. |
| Pushups   |
| Goblet squats   |
| <b>EDT CIRCUIT #2</b><br>Alternate exercises, completing as many sets of 6-8 reps as you can in 8 minutes, with no rest in between. |
| Dumbbell row  |
| Walking lunge   |
| <b>EDT CIRCUIT #3</b><br>Alternate exercises, completing as many sets of 6-8 reps as you can in 8 minutes, with no rest in between. |
| Single leg Romanian deadlift (SLRDL)  |
| Plank walk out  |



## Day 6

### Conditioning Workout #3

This every minute on the minute (EMOM) workout targets your alactic power, or your ability to use energy immediately for high intensity movement. To make the most of this session, you'll want to push for an all-out effort on each exercise.

| <b>ROUNDS: 1-3</b>     | <b>REPS</b>                | <b>TOTAL TIME</b> |
|------------------------|----------------------------|-------------------|
| Alternating Split jump | 3 reps per side per minute | 5 minutes         |
| Lateral heiden         | 3 reps per side per minute | 5 minutes         |
| Pushup                 | 5 reps per minute          | 5 minutes         |

## Day 7

### Strength Balancing Yoga

Choose one of the following yoga sessions, based on your available time.

20 minutes

35 minutes



## Week 2

### Day 8

#### Strength Workout #1

For this **High-Intensity Continuous Training** (HICT) session, do each exercise for a total of five minutes. Use a weight or load that allows you to complete about 2 reps every 10 seconds.

Think of this as a slow, steady grind. Try to keep your heart rate below about 150 beats per minute. If you don't have a heart rate monitor, you should be able to breathe exclusively through your nose. If you have to mouth-breathe, you're probably above 150.

| <b>CIRCUIT #1<br/>ROUNDS: 1-3</b> | <b>REPS</b>              | <b>TOTAL TIME</b> |
|-----------------------------------|--------------------------|-------------------|
| Pushups                           | 2-3 reps x 10-15 seconds | 5 minutes         |
| Reverse lunges                    | 2-3 reps x 10-15 seconds | 5 minutes         |
| Suitcase rows                     | 2-3 reps x 10-15 seconds | 5 minutes         |
| Glute bridge                      | 2-3 reps x 10-15 seconds | 5 minutes         |



## Day 9

### Conditioning Workout #1

These challenging lower-body circuits will get your heart pumping.

| <b>CIRCUIT #1</b><br><b>Rounds: 4</b> | <b>REPS</b>   |
|---------------------------------------|---|
| Alternating Split Squat Jumps         | 30 seconds (rest 60 seconds between rounds)             |
| Rest                                  | 4 minutes before moving onto the next circuit           |
| <b>CIRCUIT #2</b><br><b>Rounds: 1</b> | <b>REPS</b>   |
| Burpees                               | 15/10/5 (rest 60 seconds between sets)                  |
| Squat jump                            | 30 seconds (rest 60 seconds between sets, 4 total sets) |
| Rest                                  | 2 minutes before moving onto the next circuit           |
| <b>CIRCUIT #3</b><br><b>Rounds: 1</b> | <b>REPS</b>   |
| Reverse lunges                        | 30-20-10 per leg  |
| Rest                                  | 2 minutes between rounds                                |



## Day 10

### Strength Workout #2

Today you'll do four movements in a reverse ladder. Start with 10 reps or breaths. Then nine. Then eight.

You get the idea.

Once you finish one ladder, move onto the next exercise.

#### **REVERSE LADDER**

Do the full 10-1 ladder for one movement before moving on to the next.

Walking lunge

Suitcase lunge

Single leg hip lift

Dumbbell row



## Day 11

### Conditioning Workout #2

Do each movement for 20 seconds.

Then rest for 40 seconds.

Then repeat for 5 reps.

Rest 3 to 4 minutes before moving onto the next exercise on the list.

#### **MOVEMENTS**

20 seconds on, 40 seconds off x 5 reps per exercise.

Rest 3-4 minutes between exercises.

Lateral shuffle

Lateral heidens

Squats

Cross-body mountain climbers



## Day 12

### Strength Workout #3

Rather than all at once, you can do this workout in chunks throughout the day.

Set an alarm. Every time it goes off, you knock off a category. In other words, at 7 a.m. you might do a pushing set by alternating push ups with a banded overhead press. At 10 a.m. you might row. And so on.

You can do small circuits of several exercises at once, or do them at different times throughout the day. As a good rule of thumb, try to do twice as many upper-body pulling exercises as pushing to keep your shoulders happy.

| CATEGORIES     | EXAMPLES  |
|----------------|---|
| <b>Pushing</b> | Pushups, banded overhead press                                      |
| <b>Rowing</b>  | Band rows, inverted rows, band pull aparts                          |
| <b>Pulling</b> | Band pull-downs, pull-ups   |
| <b>Squats</b>  | Bodyweight squats, single-leg squats, goblet squats, plate squats   |
| <b>Lunges</b>  | Reverse, walking, split squat, rfe split squat                      |
| <b>Core</b>    | Planks, side planks, shoulder touches (count 15 seconds as one set) |



## Day 13

### Conditioning Workout #3

Today's workout is a ladder.

Do 1 rep of each exercise, then 2 reps of each, all the way up to 10. Then do the same in reverse. Start with 10 reps of each, then 9 reps of each, on down.

#### **LADDERS**

1-10: 10-1

Burpees  
Lateral heiden  
Walkout plank  
Bodyweight squats

## Day 14

### Strength Balancing Yoga

Pick a yoga session based on the amount of time you have.

[20 minutes](#)

[35 minutes](#)

