



FB4L Workouts - 5/16- 5/30 (home) Week 1, Day 2 - Total Body (home)

Workout Date: _____

Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
Warm Up	Frog Squat /Rotation Stretch	1	4				--:-- min	
	Front plank Marches	1	30				--:-- min	
	Spiderman Stretch	1	10			00:00:05	--:-- min	
	Prone Glute Squeeze	1	5			00:00:10	--:-- min	
Set #1 - 3 round	Goblet Squats	3	10				--:-- min	
	Weighted Single Leg Hip Thrust	3	20				--:-- min	
Set #2 - 3 round	Seated Shoulder Press	3	10				--:-- min	
	Side Laterals	3	10				--:-- min	
Set #3 - 3 round	Weighted Hip Thrust with Dumbbell	3	10				--:-- min	
	Donkey Kicks-Bent Knee	3	20				--:-- min	
	Frog Pumps	3	30				--:-- min	
Set #4 - 3 round	See Saw Alternating Press	3	10				--:-- min	
	Rear Delt Flyes	3	10				--:-- min	

Staff Member Notes:

Frog Squat /Rotation Stretch:

2 per side

Front plank Marches:

Complete 15 per leg

Spiderman Stretch:

5 per side

Prone Glute Squeeze:

Hold each for 10 seconds

Staff Member Notes:
Weighted Single Leg Hip Thrust:
20 per leg
See Saw Alternating Press:
10 per side



FB4L Workouts - 5/16- 5/30 (home)

Week 1, Day 3 - HIIT and Glutes (home)

Workout Date: _____

Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
Warm up	Foam Roll	1				00:05:00	--:-- min	
	Stomach Vacuums	1	10			00:00:15	10 sec	
Set #1 - 3 round	Squat to Press	3	10				--:-- min	
	Pike Push Up	3	10				--:-- min	
	Jump Lunges	3	10				--:-- min	
	Cocoons/ Double Crunches	3	15				--:-- min	Perform each side
Glutes - 3 round	In and Out Band Jumps	3	10				--:-- min	
	Kickbacks with Band	3	10				--:-- min	
	Fire Hydrants with Band	3	10				--:-- min	
	Donkey Kicks with Band	3	10				--:-- min	
	Rainbows with Band	3	10				--:-- min	
Cardio	Medium Intensity Steady State Cardio	1				00:20:00	--:-- min	
Staff Member Notes:								



FB4L Workouts - 5/16- 5/30 (home) Week 1, Day 4 - Total Body (home)

Workout Date: _____

Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
Warm Up	Frog Squat /Rotation Stretch	1	4				--:-- min	
	Front plank Marches	1	30				--:-- min	
	Pigeon Pose	1	10			00:00:05	--:-- min	
	Prone Glute Squeeze	1	10			00:00:10	--:-- min	
Set #1 - 3 round	Deadlift with Dumbbells	3	10				--:-- min	
	Single Leg Deadlift	3	10				--:-- min	
Set #2 - 3 round	Bicep Curls	3	10				--:-- min	
	One Arm Row	3	10				--:-- min	
Set #2 - 3 round	Dumbbell Step Ups	3	10				--:-- min	
	Bulgarian Split Squats	3	10				--:-- min	
Set #3 - 3 round	Renegade Rows	3	10				--:-- min	
	Seated Hammer Curls	3	10				--:-- min	

Staff Member Notes:

Frog Squat /Rotation Stretch:

2 per side

Front plank Marches:

15 per side

Pigeon Pose:

5 per side

Single Leg Deadlift:

10 per leg

One Arm Row:

10 per side

Staff Member Notes:
Dumbbell Step Ups: 10 per leg
Bulgarian Split Squats: 10 per leg
Renegade Rows: 10 per side



FB4L Workouts - 5/16- 5/30 (home)

Week 1, Day 5 - Hiit Circuit + Abs (home)

Workout Date: _____

Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
Circuit - 3 round	Glute Bridge	3	10				--:-- min	
	Single Leg Hip Thrust 1 1/4	3	10				--:-- min	Perform each side
	Side Band Walks	3	20				--:-- min	
	Raised Clams with Band	3	10				--:-- min	
Abs - 3 round	Stomach Vacuums	1	10				15 sec	
	Plank Up and Downs	3	10				--:-- min	
	Butterfly Crunch	3	10				--:-- min	
	Side Oblique Crunch	3	10				--:-- min	
Cardio	Medium Intensity Steady State Cardio	1				00:30:00	--:-- min	

Staff Member Notes:

Single Leg Hip Thrust 1 1/4:

10 per leg

Side Band Walks:

20 per side

Raised Clams with Band:

10 per side

Medium Intensity Steady State Cardio:

Incline walking, Stepmill, Biking, Swimming, Outdoor Bleachers, Hills



FB4L Workouts - 5/16- 5/30 (home) Week 1, Day 6 - Total Body (home)

Workout Date: _____

Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
Warm Up	Foam Roll	1				00:05:00	--:-- min	
	Stomach Vacuums	1	10			00:00:15	10 sec	
Set #1 - 3 round	Kettlebell Swings	3	10				--:-- min	
	Push Up	3	10				--:-- min	
	Mountain Climbers	3	15				--:-- min	Perform each side
	Plank Up and Downs	3	10				--:-- min	
	Bicycle Crunches	3	20				--:-- min	
Set #2 - 3 round	Reverse Leaning Lunges	3	15				--:-- min	Perform each side
	Single Leg Hip Thrust	3	15				--:-- min	Perform each side
	Raised Clams with Band	3	15				--:-- min	Perform each side
	Sumo Band Walks	3	15				--:-- min	Perform each side
Staff Member Notes:								



FB4L Workouts - 5/16- 5/30 (home)

Week 1, Day 7 - Hiit Circuit and Abs (home)

Workout Date: _____

Total Workout Time: _____

Plan Recommendations

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
Circuit #1 - 3 round	Pulse Squats	3	20				--:-- min	
	Reverse Lunges	3	10				--:-- min	
	Good Mornings	3	20				--:-- min	
	Frog Squats	3	20				--:-- min	
	Side Lying Abductions with Band	3	20				--:-- min	
Abs - 3 round	Stomach Vacuums	1	10				15 sec	
	Bicycle Crunches	3	15				--:-- min	
	Toes to the Ceiling	3	15				--:-- min	
	Cocoons/ Double Crunches	3	15				--:-- min	
Cardio	Medium Intensity Steady State Cardio	1				00:30:00	--:-- min	

Staff Member Notes:

Reverse Lunges:

10 per leg

Notes for Circuit #1:

This is an optional workout for the week.

Bicycle Crunches:

15 per side



FB4L Workouts - 5/16- 5/30 (home)

Week 2, Day 1 - Glutes and Abs (home)

Workout Date: _____

Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
Foam Roll	Foam Roll	1				00:05:00	--:-- min	
Glutes - 3 round	Curtsy Squat Curtsy	3	10				--:-- min	
	Single Leg Deadlift	3	10				--:-- min	
	Weighted Hip Thrust	3	10				--:-- min	
	Seated Hip Abductors with Band	3	30				--:-- min	
Abs - 3 round	Stomach Vacuums	1	10				--:-- min	
	Jackknives	3	10				--:-- min	
	Side Plank w/ Straight Leg Abduction	3	10				--:-- min	
	Plank Touch and Turn to Side Plank	3	5				--:-- min	
Cardio	Medium Intensity Steady State Cardio	1				00:30:00	--:-- min	

Staff Member Notes:

Notes for Foam Roll:

This is an optional workout for the week

Single Leg Deadlift:

10 per leg

Jackknives:

10 per side

Side Plank w/ Straight Leg Abduction :

10 per side

Plank Touch and Turn to Side Plank:

5 per side