

**1AND1**

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# AT HOME ATHLETIC CONDITIONING: **DUMBBELL** WORKOUT PLAN



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## 38 / You did it!

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# Foreword

I grew up as an overweight kid who used video games and food as a crutch—to help find some measure of “control” within my chaotic childhood. Needless to say, my relationship with food spiraled out of control—and I developed a deep lack of self-confidence. But when I picked up a basketball for the first time, everything changed.

I played basketball at SUNY New Paltz, where I discovered the profound benefits of the weight room. Through my fitness studies, I met a network of truly powerful human beings, and helped everyone from celebrity chefs to soccer moms to high school athletes live their best lives. I realize fitness goals vary from person to person—but that’s no barrier; I’m passionate about helping all people learn to master their minds and bodies.

With this in mind, I created this program to be accessible to a broad range of people. I want you to benefit from it, regardless of where you are at in your fitness journey. If you have a pair of dumbbells, and the will to get better than you have the tools to create massive change. The beauty of dumbbells is that you can use them anywhere—even at home!

Give this program a shot, and [join our Facebook Group](#) where we will be answering all questions, demonstrating exercises, giving advice and encouragement. If you’re not on Facebook, but still want to get in contact with us for any reason, then please feel free to send an email to myself and the rest of the 1AND1 team at [programs@1and1life.com](mailto:programs@1and1life.com).

Love & health,

**Soji James**

Certified Personal Trainer

Team [1AND1 Life](#)

# Warmup Options

It's almost time! Before you get started, it's crucial that you get your muscles warmed up and your blood flowing. I've created several high-intensity warm-ups—please complete one (1) round of the warmup of your choice before jumping into the workout of the day. To see videos that demonstrate every exercise in each warmup routine, [join our Facebook group](#).

## Warmup A

Alternating Knee Hugs: 10 Reps (each leg)  
Inchworm Push-ups: 5 Reps  
Spiderman Lunges w/ Thoracic Rotation: 5 Reps (each side)  
Lateral Squats: 5 Reps (each side/leg)  
Alternating Frankenstein Kicks: 10 Reps (each side)  
High Knees: 20 Reps (each side)

## Warmup B

Alternating Dynamic Quad Stretch: 10 Reps (each leg)  
Toe Touch To Squat: 5 Reps  
Reverse Lunge w/ Reach: 5 Reps (each leg/side)  
Alt Step 2 Scoop: 10 Reps (each side)  
Lateral Lunge: 5 Reps (each leg/side)  
Jumping Jacks: 40 reps

## Warmup C

Alternating Knee Hugs: 10 Reps (each leg)  
Alternating Hurdle Steps: 20 Reps (each leg)  
Bodyweight Squat: 20 Reps  
Single Leg Romanian Deadlift: 5 Reps (each leg/side)  
Spiderman Lunges w/ Thoracic Rotation: 5 Reps (each leg/side)  
Alternating High Knees: 20 reps (each leg/knee)

# Four-Week Schedule

Are you ready to look and feel your personal best? If so, then let's get started! In the chart below, I've set Monday, Tuesday, Thursday, and Friday as workout days, with rest-days in-between. Feel free to adjust the schedule however you'd like, as long as you commit to four days per week in order to maximize results. To see videos that demonstrate each exercise, and to ask any questions you may have, [join our Facebook group](#).

**\*On "Your Choice" days** I just want you to get 20-30 minutes of movement. Set a timer and then get after it. You can run stairs or take your run to the streets. You can jump rope, complete a [yoga video you find online](#), shadow box, etc. Just don't stop moving and promise me you'll have some fun with it!

**\*Important Note 1:** The rest times that I suggest throughout this program are recommended for best results, but if you feel like you need more rest time at any point, don't hesitate to do so.

**\*Important Note 2:** Always remember to listen to your body! If at any point you feel dizziness or abnormal pain during a workout routine, stop your workout immediately.

**\*Important Note 3:** Always feel free to challenge yourself! Throughout the program you will see different rep ranges (i.e., 12-15 reps), so strive to hit the top of the rep range (i.e., 15 reps) if you're feeling up to the challenge!

## Tentative 4 Week Schedule

Whatever day you begin will be week 1, day 1. Use this tentative schedule below as a guide for your 4 week journey. As you get better each week, the workouts will become progressively harder to issue a bigger challenge. We know you are up for it and will come out a stronger version of yourself.

	MO	TU	WE	TH	FR	SA	SU
Week 1	Total Body Conditioning 1	Strength Endurance 1	Rest	Core & Strength Endurance 1	Active Recovery & Mobility	Rest	Rest
Week 2	Total Body Conditioning 2	Strength Endurance 2	Rest	Core & Strength Endurance 2	Active Recovery & Mobility	Your choice	Rest
Week 3	Strength & Conditioning 1	Rest	Strength & Conditioning 2	Strength Endurance Combo	Active Recovery & Mobility	Rest	Your choice
Week 4	All Out Conditioning	Rest	All Out Strength	All Out Strength/Endurance	Active Recovery & Mobility	Rest	Your choice





## **WEEK 1**

# **Build Your Base**

**(4 Workouts)**

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It's all about that base! Once you get through this week, you'll have a solid foundation for the rest of the bodyweight workout program. To see videos that demonstrate each exercise, [join our Facebook group](#).

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NEXT WEEK

## Workout A (Total Body Conditioning Circuit 1) - 2 Rounds

Complete every exercise in the three circuits below consecutively (back to back), utilizing the recommended rest times in between each exercise. Once you complete each exercise listed in a circuit, rest for 30-60 seconds and move on to the next circuit. After completing all three circuits, rest for 1 minute and do it all over again one more time in order to complete two rounds.

### Circuit 1

Exercise	Duration	Rest
1a. Air Jump Rope (Can use actual rope if you have one)	45 secs	15 secs
1b. Dumbbell Alternating Snatch	45 secs (Moderate Pace)	15 secs
1c. Jumping Jacks	45 secs	15 secs
1d. Lateral Skater Jumps 2 Squat Jumps	45 secs	-
Rest	-	30-60 secs

## Circuit 2

Exercise	Duration	Rest
2a. Dumbbell Thrusters	45 secs	15-30 secs
2b. Squat 2 Floor Touch	45 secs (Moderate Pace)	15-30 secs
2c. Jumping Jacks	45 secs	15-30 secs
2d. Goblet Reverse Lunge to Knee Drive	45 secs (each side)	-
Rest	-	30-60 secs

## Circuit 3 | Core

Exercise	Repetitions/ Duration	Rest
3a. Dumbbell Half Kneeling Woodchop	20-30 secs (each side)	15 secs
3b. Deadbug	8-10 reps (each side)	15 secs
3c. Eccentric Sit-ups (3-5 secs down, slow and controlled as you return to floor)	8-10 reps	-
Rest	-	1 Min (60 secs)



## Workout B (Strength & Endurance Circuit 1) - 3 Rounds

Complete every exercise listed in each circuit below consecutively (back to back) for the required amount of reps or time. Utilize the recommended rest times in between each exercise. After completing the first circuit, rest for 30-60 seconds and move on to the second circuit. After completing the two circuits once, rest for 1 minute and do it all over again two more times in order to complete three rounds.

### Circuit 1

Exercise	Repetitions	Rest
1a. Dumbbell Half Kneeling Shoulder Press	10 reps	15-20 secs
1b. Dumbbell Front Squat	10 reps	15-20 secs
1c. Dumbbell Row	10 reps (each side if using one dumbbell)	15-20 secs
1d. Dumbbell Romanian Deadlift	10 reps	15-20 secs
1e. Dumbbell Reverse Lunge	10 reps (each leg)	-
Rest	-	30-60 secs

### Circuit 2 | Core

Exercise	Repetitions	Rest
2a. High Plank Position Row	10 reps (each side)	15 secs
2b. Toe Touches	15 reps	15 secs
2c. Russian Twist	15 reps (each side)	15 secs
2d. Glute Bridges	15 reps	-
Rest	-	1 Min (60 secs)

## Workout C (Core Strength & Endurance Circuit 1)

Complete every exercise listed in the three circuits below consecutively (back to back) for the required amount of reps or time. Utilize the recommended rest times in between each exercise. Once you complete each exercise listed in a circuit, rest for 30-60 seconds, and move on to the next circuit. After completing all three circuits once, rest for 1 minute and do it all over again one more time in order to complete two rounds.

### Circuit 1

Exercise	Repetitions/ Duration	Rest
1a. Dumbbell Split Squats	10 reps (each leg)	15 secs
1b. Alt Split Squat Jumps	8 reps (each side/leg)	15 secs
1c. Jumping Jacks	1 Min (Moderate Pace)	-
Rest	-	30-60 secs

### Circuit 2

Exercise	Repetitions/ Duration	Rest
2a. Dumbbell Half Kneeling Single Arm Shoulder Press	10 reps (each side)	15 secs
2b. Push-ups	Max reps (burnout)	15 secs
2c. Air Jump Rope	1 Min (Moderate Pace)	-
Rest	-	30-60 secs

## Circuit 3 | Core

Exercise	Repetitions	Rest
3a. Low Plank W/ Alternating Forward Reaches	10 reps (each side)	15 secs
3b. Sprinter Sit-ups/abs	6-8 reps (each side)	15 secs
3c. Crunches	15 reps	15 secs
3d. Bicycles	10 reps (each side)	-
Rest	-	1 Min (60 secs)

## Workout D (Active Recovery & Mobility Circuit) - 3 Rounds

Complete the mobility exercises listed in the two circuits below consecutively (back to back) for the required amount of reps before resting. After completing the first circuit, rest for 30-60 seconds and move on to the second circuit. After completing the two circuits once, rest for 1 minute and do it all over again two more times in order to complete three rounds.

These circuits are meant to be done without any rest between exercises, but listen to your body and take a break if you need it.

### Mobility Circuit 1

Exercise	Repetitions	Rest
1a. 90-90 T-Spine Mobility	10 reps	None
1b. 90-90 Hip Opener	10 reps	None
1c. Bodyweight Overhead Squat	15 reps	None
1d. T-Stabilization Push-ups	10 reps	-
Rest	-	30-60 secs

### Mobility Circuit 2

Exercise	Repetitions	Rest
2a. Wall Slides	10 reps	None
2b. Prone Scorpion	10 reps	None
2c. Alt Forward Lunge w/ Rotation	10 reps (each side)	None
2d. Yoga Push-up	10 reps	-
Rest	-	1 Min (60 secs)

**WEEK 2**

**Take Your Capacity  
to the Next Level**  
**(4 Workouts)**



Now that you've got a solid foundation, it's time to push yourself. Follow this routine to take your capacity to the next level and you'll be halfway there! To see videos of each exercise demonstrated, [join our Facebook group](#).

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## Workout A (Total Body Conditioning Circuit 2) - 2 Rounds

Complete each exercise in the four circuits below consecutively (back to back) for the required amount of reps or time before resting. Once you complete each exercise listed in a circuit, rest for 30-60 seconds and move on to the next circuit. After completing all four circuits, rest for 1-2 minutes and do it all over again one more time in order to complete two rounds.

Remember, these circuits are meant to be done without any rest between exercises, but listen to your body and take breaks if you need it.

### Circuit 1

Exercise	Duration	Rest
1a. Air Jump Rope (Can use actual rope if you have one)	1 Min	None
1b. Dumbbell Alternating Snatch	1 Min	None
1c. Quick Feet w/ Twist	1 Min	None
Rest	-	30-60 secs



## Circuit 2

Exercise	Duration	Rest
2a. Air Jump Rope Single Leg	1 Min (switch legs half way through)	None
2b. Squat To Floor Touch	1 Min	None
2c. Dumbbell Power Jacks	1 Min	None
Rest	-	30-60 secs

## Circuit 3

Exercise	Duration	Rest
3a. Air Jump Rope (Side to side Jumps)	1 Min	None
3b. Quick Feet To Up-Down (Every 5-10 secs, drop your chest down to the ground and pop back up)	1 Min (Moderate Pace)	None
3c. Sprint In Place	1 Min (*Go all out the last 30 secs)	None
Rest	-	30-60 secs

## Circuit 4 | Core

Exercise	Repetitions/ Duration	Rest
4a. Dumbbell half Kneeling Woodchop	30 secs (each side)	None
4b. Alt Deadbug	10 reps (each side)	None
4c. Eccentric Sit-ups (3-5 secs down, slow and controlled as you return to the floor)	15 reps	-
Rest	-	1-2 Mins

## Workout B (Strength Endurance Circuit 2) - 3 Rounds

Complete every exercise listed in the three circuits below consecutively (back to back) for the required amount of reps or time. Utilize the recommended rest times in between each exercise. After completing the first circuit, rest for 30-60 seconds and move on to the second circuit. After completing the three circuits once, rest for 1 minute and do it all over again two more times in order to complete three rounds.

### Circuit 1

Exercise	Repetitions/ Duration	Rest
1a. Dumbbell Half Kneeling Shoulder Press	12 reps	15-20 secs
1b. Goblet Isometric Squat Hold	30 sec hold	15-20 secs
1c. Dumbbell Rows	12 reps (each side/arm if using one dumbbell)	15-20 secs
1d. Goblet Forward Lunge w/ a pulse	10-12 reps (each side/leg)	-
Rest	-	30-60 secs

### Circuit 2

Exercise	Repetitions	Rest
2a. Dumbbell Romanian Deadlift	12 reps	15 secs
2b. Yoga Push-up	12 reps	15 secs
2c. Dumbbell Lateral Lunge to Stabilization	10-12 reps (each side/leg)	15 secs
2d. Supermans	12 reps	-

## Circuit 3 | Core

Exercise	Repetitions	Rest
3a. Low Plank W/ Alternating Forward Reach	12 reps (each arm/side)	15 secs
3b. Single Leg Toe Touch	10 reps (each side)	15 secs
3c. Russian Twist	15 reps (each side)	15 secs
3d. Alternating Marching Glute Bridges	12 reps (each leg/side)	-
Rest	-	1 Min (60 secs)

## Workout C (Core, Strength & Endurance Circuit 2) - 3 Rounds

Complete each exercise in the four circuits below consecutively (back to back) for the required amount of reps or time before resting. Once you complete each exercise listed in a circuit, rest for 30-60 seconds and move on to the next circuit. After completing all four circuits, rest for 1-2 minutes and do it all over again two more times in order to complete three rounds.

Remember, these circuits are meant to be done without any rest between exercises, but listen to your body and take breaks if you need it.

### Circuit 1

Exercise	Repetitions/ Duration	Rest
1a. Goblet Walking Lunges (Stay stationary and do Alt Fwd Lunges if you do not have a lot of space)	15 reps (each side/leg)	None
1b. Pause Squat Jumps (2-3 sec hold at bottom)	10 reps	None
1c. Jumping Jacks	1 Min (moderate pace)	-
Rest	-	1 min (60 secs)

### Circuit 2

Exercise	Repetitions/ Duration	Rest
2a. Push-ups	Max Reps (burnout)	None
2b. Dumbbell Curl to Press	12 reps	None
2c. Air Jump Rope	1 Min (moderate pace)	-
Rest	-	1 min (60 secs)

## Circuit 3

Exercise	Repetitions/ Duration	Rest
3a. Dumbbell Single Leg Romanian Deadlift	12 reps (each leg/side)	None
3b. Lateral Skater Jumps	12 reps (each leg/side)	None
3c. Seal Jacks	1 Min (moderate pace)	-
Rest	-	1 min (60 secs)

## Circuit 4 | Core

Exercise	Repetitions	Rest
4a. Dumbbell Half Kneeling Woodchop	12 reps (each side)	None
4b. Sprinter Sit-Ups/abs	8-10 reps (each side)	None
4c. Crunches	20 reps	None
4d. Bicycles	10 reps (each side)	-
Rest	-	1-2 mins



## Workout D (Active Recovery & Mobility Circuit) – 3 Rounds

Complete the mobility exercises listed in the two circuits below consecutively (back to back) for the required amount of reps before resting. After completing the first circuit, rest for 30-60 seconds and move on to the second circuit. After completing the two circuits once, rest for 1 minute and do it all over again two more times in order to complete three rounds.

Remember these two circuits are meant to be done without any rest between exercises, but listen to your body and take a break if you need it.

### Mobility Circuit 1

Exercise	Repetitions	Rest
1a. 90-90 T-Spine Mobility	10 reps	None
1b. 90-90 Hip Opener	10 reps	None
1c. Bodyweight Overhead Squat	15 reps	None
1d. T-Stabilization Push-ups	10 reps	-
Rest	-	30-60 secs

### Mobility Circuit 2

Exercise	Repetitions	Rest
2a. Wall Slides	10 reps	None
2b. Prone Scorpion	10 reps	None
2c. Alt Forward Lunge w/ Rotation	10 reps (each side)	None
2d. Yoga Push-up	10 reps	-
Rest	-	30-60 secs

**WEEK 3**

# **Elevate Your Strength**

**(4 Workouts)**

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You've made it to week 3, and you're over the hump! Follow this routine to build up your strength in preparation for the last week of this program. To see videos that demonstrate each exercise, [join our Facebook group](#).

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## Workout A (Strength & Conditioning 1) - 3 Rounds

Complete each exercise in the five supersets (exercises come in pairs) back to back for the required amount of reps or time. Once you complete each exercise listed in a superset, rest for 30-60 seconds and move on to the next superset. After completing all five supersets, rest for 1-2 minutes and do it all over again two more times in order to complete three rounds.

Supersets are meant to be done without any rest between exercises, but listen to your body and take a break if you need it.

### Superset 1

Exercise	Repetitions	Rest
1a. Plyometric Push-ups (Clap push-ups if you can)	6-8 reps	None
1b. Side Plank w/ Rotation	12 reps (each side)	-
Rest	-	30-60 secs

### Superset 2

Exercise	Repetitions	Rest
2a. Dumbbell Floor Press (eccentric focus - 3 secs down)	12 reps	None
2b. Bulgarian Goblet Split Squats	12 reps (each side/leg)	-
Rest	-	30-60 secs

## Superset 3

Exercise	Repetitions	Rest
3a. Dumbbell Single Arm Row	12 reps (each arm/side)	None
3b. Shoulder Supported Single Leg Hip Thrust	12 reps (each leg/side)	-
Rest	-	30-60 secs

## Superset 4

Exercise	Repetitions	Rest
4a. Goblet Squat W/ Eccentric Focus (5 secs down)	12 reps	None
4b. High Plank Position Row (slow & controlled)	12 reps (each arm/side)	-
Rest	-	30-60 secs

## Conditioning Finisher

Exercise	Duration	Rest
5a. Sprint In Place	30 secs (all out)	None
5b. Air Jump Rope (Recovery)	45 secs (moderate pace)	-
Rest	-	1-2 mins

## Workout B (Strength & Conditioning 2) - 3 Rounds

Complete each exercise in the five supersets (exercises come in pairs) back to back for the required amount of reps or time. Once you complete each exercise listed in a superset, rest for 30-60 seconds and move on to the next superset. After completing all five supersets, rest for 1-2 minutes and do it all over again two more times in order to complete three rounds.

Supersets are meant to be done without any rest between exercises, but listen to your body and take a break if you need it.

### Superset 1

Exercise	Repetitions	Rest
1a. Staggered Stance Jump Squats	12 reps (each side)	None
1b. Bear Crawls	8-10 reps	-

### Superset 2

Exercise	Repetitions	Rest
2a. Dumbbell Alternating Half Kneeling Shoulder Press	12 reps (each arm)	None
2b. Dumbbell Suitcase Deadlifts	12 reps (each side)	-

## Superset 3

Exercise	Repetitions	Rest
3a. Towel Floor Slide Pull-ups	Max reps (burnout)	None
3b. Dumbbell Single Leg Glute Bridge (pause for 2-3 secs at top)	12 reps (each leg)	-
Rest	-	30-60 secs

## Superset 4

Exercise	Repetitions	Rest
4a. Goblet Reverse Lunge Pauses (pause for 3 secs at the bottom of each lunge)	12 reps (each leg/side)	None
4b. Down Up Planks	6-8 reps (each side)	-
Rest	-	30-60 secs

## Superset 5 | Conditioning Finisher

Exercise	Duration	Rest
5a. Star Jumps	30 secs	None
5b. Air Jump Rope (recovery)	45 secs	-
Rest	-	1-2 mins



## Workout C (Strength & Endurance Combo) - 3 Rounds

Complete each exercise in the three (3) circuits and one (1) superset below consecutively (back to back) for the required amount of reps or time. Once you complete each exercise listed in a circuit or the one superset, rest for 30-60 seconds and move on to the next circuit/superset. After completing the three circuits and one superset, rest for 1-2 minutes and do it all over again two more times in order to complete three rounds.

These three circuits and one superset are meant to be done without any rest between exercises, but listen to your body and take a break if you need it.

### Circuit 1 | Total Body

Exercise	Repetitions	Rest
1a. Dumbbell Thrusters	12 reps	None
1b. Dumbbell Single Arm Swings	12 reps (each arm/side)	None
1c. Supermans	15 reps	-
Rest	-	30-60 secs

### Superset 1 | Conditioning

Exercise	Duration	Rest
2a. Sprint In Place	45 secs (all out)	None
2b. Air Jump Rope (recovery)	45 secs (moderate pace)	-
Rest	-	30-60 secs

## Circuit 2 | Core 1

Exercise	Repetitions	Rest
3a. High Plank Position Rows	12 reps (each arm/side)	None
3b. V-ups	15 reps	None
3c. Side Plank w/ Knee Drive	12 reps (each side)	-
Rest	-	30-60 secs

## Circuit 3 | Core 2

Exercise	Repetitions	Rest
4a. Sprinter Sit-ups/abs	10-12 reps (each side)	None
4b. Long Lever Crunch	15 reps	None
4c. Squirms	15 reps	-
Rest	-	1-2 mins

## Workout D (Active Recovery & Mobility Circuit) - 3 Rounds

Complete the mobility exercises listed in the two circuits below consecutively (back to back) for the required amount of reps before resting. After completing the first circuit, rest for 30-60 seconds and move on to the second circuit. After completing the two circuits once, rest for 1-2 minutes and do it all over again two more times in order to complete three rounds.

Remember, these two circuits are meant to be done without any rest between exercises, but listen to your body and take a break if you need it.

### Mobility Circuit 1

Exercise	Repetitions	Rest
1a. 90-90 T-Spine Mobility	12-15 reps	None
1b. 90-90 Hip Opener	12-15 reps	None
1c. Bodyweight Overhead Squat	20 reps	None
1d. T-Stabilization Push-ups	12-15 reps	-
Rest	-	30-60 secs

### Mobility Circuit 2

Exercise	Repetitions	Rest
2a. Wall Slides	12-15 reps	None
2b. Prone Scorpion	12-15 reps	None
2c. Alt Forward Lunge w/ Rotation	12-15 reps (each side)	None
2d. Yoga Push-up	12-15 reps	-
Rest	-	1-2 mins



## **WEEK 4**

# **The Level Up**

**(4 Workouts)**

It's the home stretch! Finish this week and consider yourself a graduate of the dumbbell athletic conditioning program. You're doing it the #1AND1Way! As always, to see videos that demonstrate each exercise, [join our Facebook group](#).

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## Workout A (Total Body Conditioning) - 3 Rounds

Complete each exercise in the three (3) circuits below consecutively (back to back) for the required amount of time before resting. Once you complete each exercise listed in a circuit, rest for 30-60 seconds and move on to the next circuit. After completing all three circuits, rest for 1-2 minutes and do it all over again two more times in order to complete three rounds.

Remember, these circuits are meant to be done without any rest between exercises, but listen to your body and take breaks if you need it.

### Circuit 1 | Conditioning

Exercise	Duration	Rest
1a. Burpees	1 min	None
1b. Quick Feet to High Knees	1 min	None
1c. Lateral Shuffle to Dumbbell Side Lunge	1 min	None
1d. High Plank w/ Weight Transfer	1 min	-
Rest	-	30-60 secs

## Circuit 2 | Conditioning 2

Exercise	Duration	Rest
2a. Alternating Split Squat Jumps	1 min	None
2b. Bear Crawls w/ Weight Drag	1 min	None
2c. Dumbbell Power Jacks	1 min (moderate pace)	None
2d. Skater Jumps	1 min	-
Rest	-	30-60 secs

## Circuit 3 | Core

Exercise	Duration	Rest
3a. Pushup to Alternating Pike & Reach	30 secs	None
3b. V-Ups	30 secs	None
3c. Isometric Bicycle Hold	30 secs (each side)	-
Rest	-	1-2 mins



## Workout B (All Out Strength) - 4 Rounds

Complete each exercise in the four (4) supersets (exercises come in pairs) back to back for the required amount of reps. Once you complete each exercise listed in a superset, rest for 30-60 seconds and move on to the next superset. After completing all four supersets, rest for 1-2 minutes and do it all over again three more times in order to complete four (4) rounds.

Supersets are meant to be done without any rest between exercises, but listen to your body and take a break if you need it.

### Superset 1

Exercise	Repetitions	Rest
1a. Bulgarian Goblet Split Squats	15 reps (each leg/side)	None
1b. Towel Slide Leg Curls	15 reps	-
Rest	-	1-2 mins

### Superset 2

Exercise	Repetitions	Rest
2a. Dumbbell Floor Press Eccentric Focus (5 secs down)	15 reps	None
2b. Towel Floor Slide Pull-ups	Max reps (burn out)	-
Rest	-	1-2 mins

## Superset 3

Exercise	Repetitions	Rest
3a. Shoulder Supported Single Leg Hip Thrust	15 reps (each leg/side)	None
3b. Pause Squat Jumps (hold for 2-3 secs at bottom)	15 reps	-
Rest	-	1-2 mins

## Superset 4

Exercise	Repetitions	Rest
4a. Jackknife Push-ups	12-15 reps	None
4b. Alternating Dumbbell Rows	15 reps (each arm/side)	-
Rest	-	1-2 mins

## Workout C (All Out Strength & Endurance) - 4 Rounds

Complete each exercise in the two (2) circuits below consecutively (back to back) for the required amount of reps or time before resting. Once you complete each exercise listed in a circuit, rest for 30-60 seconds and move on to the next circuit. After completing both circuits, rest for 1-2 minutes and do it all over again three more times in order to complete four (4) rounds.

Remember, these circuits are meant to be done without any rest between exercises, but listen to your body and take breaks if you need it.

### Circuit | Total Body

Exercise	Repetitions	Rest
1a. Dumbbell Thrusters	15 reps	None
1b. Dumbbell Single Arm Swings	15 reps (each arm/side)	None
1c. Floor Slide Towel Pull-ups	15 reps	None
1d. Goblet Reverse Lunges	15 reps (each leg/side)	-
Rest	-	30-60 secs

## Circuit | Core

Exercise	Repetitions/ Duration	Rest
2a. High Plank Position Rows	15 reps (each side)	None
2b. V-ups	20 reps	None
2c. Side Plank w/ Knee Drive	12-15 reps (each side)	None
2d. Mountain Climbers	1 min (all out)	-
Rest	-	1-2 mins

## Workout D (Active Recovery & Mobility) – 3 Rounds

Complete the mobility exercises listed in the two circuits below consecutively (back to back) for the required amount of reps before resting. After completing the first circuit, rest for 30-60 seconds and move on to the second circuit. After completing the two circuits once, rest for 1 minute and do it all over again two more times in order to complete three rounds.

Remember, these two circuits are meant to be done without any rest between exercises, but listen to your body and take a break if you need it.

### Mobility Circuit 1

Exercise	Repetitions	Rest
1a. 90-90 T-Spine Mobility	12-15 reps	None
1b. 90-90 Hip Opener	12-15 reps	None
1c. Bodyweight Overhead Squat	20 reps	None
1d. T-Stabilization Push-ups	12-15 reps	-
Rest	-	30-60 secs

### Mobility Circuit 2

Exercise	Repetitions	Rest
2a. Wall Slides	12-15 reps	None
2b. Prone Scorpion	12-15 reps	None
2c. Alt Forward Lunge w/ Rotation	12-15 reps (each leg/side)	None
2d. Yoga Push-up	12-15 reps	-
Rest	-	30-60 secs



## You Did It!

Congratulations, you're crushing it! If you haven't done so already, [join our Facebook group](#) and let everyone know that you completed this program!

Also be sure to [follow the 1AND1 Life blog](#) for expert advice on health and wellness, and send us an email at [programs@1and1life.com](mailto:programs@1and1life.com) to let us know your thoughts.

