

1AND1

**AT HOME
ATHLETIC
CONDITIONING:
RESISTANCE BAND
WORKOUT PLAN**



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Foreword

I'm the Co-Founder & CEO of 1AND1 Life—but before that, I played football in the Big Ten Conference at The University of Illinois. I was part of the Academic All Big-Ten for three years, and won the Big Ten Distinguished Scholar Award. Afterwards, I played a short stint as a professional football player, and persevered through four ACL surgeries, and seven knee surgeries. These trials ultimately strengthened me—and the life lessons and practical advice I gained during those years have been integral to my role at 1AND1 Life.

I'm obviously passionate about health, wellness and fitness—but there's also a side of me that's deeply committed to building a community. Through this platform, I want to engage people and push them to reach their fitness goals, no matter how long it takes. I once served as the president of the Illinois chapter of Uplifting Athletes, where I raised over \$10K for rare disease research. It was an experience that helped me put my own life into perspective—and now I'm excited to get you motivated to find your own true purpose in life.

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.

Let's make it happen!

Corey L. Lewis

Co-Founder & CEO

Team [1AND1 Life](#)

Warmup Options

It's almost time! Before you get started, it's crucial that you get your muscles warmed up and blood flowing. I've created several high intensity warm-ups, so 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 side/leg)
Alternating Step 2 Scoop: 10 Reps (each side)
Lateral Lunge: 5 Reps (each side/leg)
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 side/leg)
Spiderman Lunges w/ Thoracic Rotation: 5 Reps (each side/leg)
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 [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)

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

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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	Repetitions	Rest
1a. In-In-Out-Out Linear	45 secs	15 secs
1b. Quick feet	45 secs (Moderate Pace)	15 secs
1c. Banded Jumping Jacks	45 secs	15 secs
1d. Icky Shuffle	45 secs	-
Rest	-	30-60 secs

Circuit 2

Exercise	Duration	Rest
2a. In-In-Out-Out Lateral	45 secs	15-30 secs
2b. Mountain Climbers	45 secs (Moderate Pace)	15-30 secs
2c. Banded Jumping Jacks	45 secs	15-30 secs
2d. Resistance Banded Reverse Lunge To Knee Drive	45 secs (each leg)	-
Rest	-	30-60 secs

Circuit 3 | Core

Exercise	Repetitions/ Duration	Rest
3a. Side Plank	30 secs (each side)	15 secs
3b. Resistance Band Hollow Body Hold	30 secs	15 secs
3c. Eccentric Situps (3-5 secs down, slow and controlled as you return to floor)	15 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/ Duration	Rest
1a. Resistance Band Push-ups	8-10 reps	15-20 secs
1b. Isometric Squat Hold	30 sec hold	15-20 secs
1c. Resistance Band Row	8-10 reps	15-20 secs
1d. Resistance Band Lateral Lunge	8-10 reps (each leg)	15-20 secs
1e. Shoulder Supported Hip Thrusts	8-10 reps	-
Rest	-	30-60 secs

Circuit 2 | Core

Exercise	Repetitions	Rest
2a. High Plank w/ Shoulder Tap	10 reps (each side)	15 secs
2b. Toe Touches	15 reps	15 secs
2c. Half Kneeling Resistance Band Woodchop	15 reps (each side)	15 secs
2d. Glute Bridges	15 reps	-
Rest	-	1 Min (60 secs)

Workout C (Core Strength & Endurance Circuit 1) - 2 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. 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. Resistance Band Split Squats	10 reps (each leg)	15 secs
1b. Alt Split Squat Jumps	8 reps (each leg)	15 secs
1c. Banded Jumping Jacks	1 Min (Moderate Pace)	-
Rest	-	30-60 secs

Circuit 2

Exercise	Repetitions/ Duration	Rest
2a. Banded Pull Aparts	Max Reps (Burnout)	15 secs
2b. Resistance Band Thrusters (3 secs down)	10 reps (each side)	15 secs
2c. Air Jump Rope	1 Min (Moderate Pace)	-
Rest	-	30-60 secs

Circuit 3

Exercise	Repetitions	Rest
3a. Bodyweight Renegade Row	10 reps (each side)	15 secs
3b. Sprinter Sit-ups	6-8 reps (each side)	15 secs
3c. Double Leg Up and Overs	15 reps	15 secs
3d. Resistance Band Russian Twist	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. Alternating Forward Lunge w/ Rotation	10 reps (each leg)	None
2d. Yoga Pushup	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. Pull Apart Jacks	1 Min	None
1b. Lateral Hops	1 Min	None
1c. Jumping Jacks 2 Pogo Jumps (Alternate every 5 jumping jacks, with 5 pogo jumps)	1 Min	-
Rest	-	30-60 secs

Circuit 2

Exercise	Duration	Rest
2a. Air Jump Rope Single Leg	1 Min (switch legs half way through)	None
2b. Resistance Band in-out Squats	1 Min	None
2c. Cross Knee Mountain Climbers	1 Min	-
Rest	-	30-60 secs

Circuit 3

Exercise	Duration	Rest
3a. Pull Apart Jacks	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)	-
Rest	-	30-60 secs

Circuit 4 | Core

Exercise	Repetitions/ Duration	Rest
4a. Resistance Band Hollow Body Hold	45 secs (each side)	None
4a. Resistance Band Active Leg Raise	10-12 reps (each side)	None
4c. Eccentric Sit-ups (3-5 secs down, slow and controlled as you return to the floor)	10-12 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. Resistance Band Push-ups	8-10 reps	15-20 secs
1b. Isometric Split Squat Hold	30 sec hold (each leg)	15-20 secs
1c. Resistance Band Rows	10-12 reps	15-20 secs
1d. Resistance Band Reverse Lunge w/ a pulse	10-12 reps	-
Rest	-	30-60 secs

Circuit 2

Exercise	Repetitions	Rest
2a. Shoulder Supported Hip Thrusts	12 reps	15 secs
2b. Jack Knife Push-ups	8-10 reps	15 secs
2c. Resistance Band Lateral Lunge to Stabilization	12 reps (each leg)	15 secs
2d. Superman	12 reps	-
Rest	-	30-60 secs

Circuit 3 | Core

Exercise	Repetitions	Rest
3a. Plank w/ Alternating Forward Reaches	12 reps (each arm/side)	15 secs
3b. Hollow Body Rock	12 reps	15 secs
3c. Resistance Band Russian Twist	12 reps (each side)	15 secs
3d. Alternating Marching Glute Bridge Steps	12 reps (each leg)	-
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. Bodyweight See-saw Lunge	12 reps (each leg)	None
1b. Pause Squat Jumps (3 sec hold at bottom)	12 reps	None
1c. Resistance Band Jumping Jacks	1 Min (moderate pace)	-
Rest	-	30-60 secs

Circuit 2

Exercise	Repetitions/ Duration	Rest
2a. Resistance Band Push-ups	Max Reps (burn out)	None
2b. Lunge Matrix	8-10 reps (each leg)	None
2c. Resistance Band Jumping Jacks	1 Min (moderate pace)	-
Rest	-	30-60 secs

Circuit 3

Exercise	Repetitions/ Duration	Rest
3a. Resistance Band Single Leg Romanian Deadlift	10-12 reps (each leg)	None
3b. Lateral Skater Jumps	12 reps (each side)	None
3c. Pull Apart Jacks	1 Min (moderate pace)	None
Rest	-	30-60 secs

Circuit 4 | Core

Exercise	Repetitions	Rest
4a. Bodyweight Renegade Row	12 reps (each side)	None
4b. Single Leg Up and Overs	12 reps (each side)	None
4c. Butterfly Sit-ups	12 reps	None
4d. Bicycles	12 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.

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. Alternating Forward Lunge w/ Rotation	10 reps (each side)	None
2d. Yoga Pushup	10 reps	-
Rest	-	1 Min

WEEK 3

Elevate Your Strength

(4 Workouts)



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 Pushups (Hands come off the ground. Clap push-ups if possible)	6-8 reps	None
1b. Side Plank w/ Rotation	12 reps (each side)	-
Rest	-	30-60 secs

Superset 2

Exercise	Repetitions	Rest
2a. Resistance Band Eccentric Push-ups (5 secs down)	6-8 reps	None
2b. Bodyweight See-Saw Lunge w/ Pulse	15 reps (each leg)	-
Rest	-	30-60 secs

Superset 3

Exercise	Repetitions	Rest
3a. Resistance Band Single Arm Row	15 reps (each arm)	None
3b. Shoulder Supported Single Leg Hip Thrust	15 reps (each leg)	-
Rest	-	30-60 secs

Superset 4

Exercise	Repetitions	Rest
4a. Resistance Band Eccentric Front Squats (5 secs down)	15 reps	None
4b. Bodyweight Renegade Rows	15 reps (each side, slow & controlled)	-
Rest	-	30-60 secs

Superset 5

Exercise	Repetitions	Rest
5a. Sprint In Place	45 secs (go all out)	None
5b. Resistance Band Jumping Jacks (Recovery)	45 secs	-
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/ Duration	Rest
1a. Staggered Stance Jump Squats	10 reps (each side)	None
1b. Hollow Body Resistance Band Hold	45 secs	-
Rest	-	30-60 secs

Superset 2

Exercise	Reps	Rest
2a. Spiderman Pushups	4-6 reps (each side)	None
2b. Resistance Band Bulgarian Split Squats (foot on chair)	12 reps (each leg)	-
Rest	-	30-60 secs

Superset 3

Exercise	Repetitions	Rest
3a. Towel Floor Slide Pull-ups	Max reps (burn out)	None
3b. Single Leg Glute Bridge (pause for 2-3 secs at top)	15 reps (each leg)	-
Rest	-	30-60 secs

Superset 4

Exercise	Repetitions	Rest
4a. Resistance Band Reverse Lunge Pause (Pause for 3 secs at the bottom of each lunge)	12 reps (each leg)	None
4b. Down-Up Planks	5 reps (each arm)	-
Rest	-	30-60 secs

Superset 5

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 | Body Complex

Exercise	Repetitions	Rest
1a. Resistance Band Push-ups	8-10 reps	None
1b. Split Squat Jumps	12 reps (each side)	None
1c. Banded Pull Aparts	15 reps	-
Rest	-	30-60 secs

Superset 1 | Conditioning

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

Circuit 2 | Core

Exercise	Repetitions	Rest
3a. Bodyweight Renegade Rows	15 reps (each side)	None
3b. Double Up and Overs	15 reps	None
3c. Side Plank w/ Knee Drive	12 reps (each side)	-
Rest	-	30-60 secs

Circuit 3 | Core

Exercise	Repetitions	Rest
4a. Sprinter Sit-ups	10 reps (each side)	None
4b. Long Lever Crunches	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 reps	None
1b. 90-90 Hip Opener	10-12 reps	None
1c. Bodyweight Overhead Squat	20 reps	None
1d. T-Stabilization Push-ups	12 reps	-
Rest	-	30-60 secs

Mobility Circuit 2

Exercise	Repetitions	Rest
2a. Wall Slides	12 reps	None
2b. Prone Scorpion	12 reps	None
2c. Alternating Forward Lunge w/ Rotation	12 reps (each side)	None
2d. Yoga Push-up	12 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 bodyweight athlete 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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PREVIOUS WEEK

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	Repetitions	Rest
1a. Burpees	1 min	None
1b. Typewriters	1 min	None
1c. Lateral Shuffle to Floor Touch	1 min	None
1d. High Plank w/ Shoulder Taps	1 min	-
Rest	-	30-60 secs

Circuit 2 | Conditioning

Exercise	Duration	Rest
2a. Split Squat Jumps	1 min	None
2b. In-In-Out-Out linear	1 min	None
2c. High Knees	1 min (all out last 30 secs)	None
2d. Icky Shuffle	1 min	-
Rest	-	30-60 secs

Circuit 3 | Core

Exercise	Duration	Rest
3a. T- Stabilization Push-ups	30 secs	None
3b. V-Ups	30 secs	None
3c. Single Leg RDLs	1 min (each leg)	None
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. Resistance Band Bulgarian Split Squats	15-20 reps (each leg)	None
1b. Towel Slide Leg Curls	15-20 reps	-
Rest	-	30-60 secs

Superset 2

Exercise	Repetitions	Rest
2a. Resistance Band Eccentric Push-ups (5 secs down)	10-12 reps	None
2b. Towel Floor Slide Pull-ups	Max reps (burnout)	-
Rest	-	30-60 secs

Superset 3

Exercise	Repetitions	Rest
3a. Shoulder Supported Single Leg Hip Thrust	15-20 reps (each leg)	None
3b. Pause Squat Jumps (hold for 2-3 secs at bottom)	15-20 reps	-
Rest	-	30-60 secs

Superset 4

Exercise	Repetitions	Rest
4a. Resistance Band Half Kneeling Shoulder Press	15-20 reps (each arm/side)	None
4b. Banded Pull Aparts	20 reps	-
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. Spiderman Push-ups	4-6 reps (each side)	None
1b. Resistance Band Front Squat to Squat Jump	15-20 reps	None
1c. Resistance Band Single Arm Rows	15-20 reps	None
1d. Single Leg Glute Bridge	15-20 reps (each leg)	-
Rest	-	30-60 secs

Circuit | Core

Exercise	Repetitions/ Duration	Rest
2a. Bodyweight Renegade Rows	15-20 reps (each side)	None
2b. Double Leg Up and Overs	25 reps	None
2c. Side Plank w/ Knee Drive	12-15 reps (each side)	None
2d. Mountain Climbers	1 min	-
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	15 reps (each side)	None
2d. Yoga Pushup	12-15 reps	-
Rest	-	1-2 mins



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 to let us know your thoughts.

