

1AND1

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



Table of Contents

03 / Foreword

04 / Warmup Options

Warmup A

Warmup B

Warmup C

05 / Four-Week Schedule

06 / Week 1: Build Your Base (4 Workouts)

7 / Workout A (Total Body Conditioning 1)

9 / Workout B (Strength & Endurance 1)

10 / Workout C (Core Strength & Endurance 1)

12 / Workout D (Active Recovery & Mobility)

13 / Week 2: Take Your Capacity To The Next Level (4 Workouts)

14 / Workout A (Total Body Conditioning 2)

17 / Workout B (Strength & Endurance 2)

19 / Workout C (Core Strength & Endurance 2)

21 / Workout D (Active Recovery & Mobility)

22 / Week 3: Elevate Your Strength (4 Workouts)

23 / Workout A (Strength & Conditioning 1)

25 / Workout A (Strength & Conditioning 2)

27 / Workout C (Strength Endurance Combo)

29 / Workout D (Active Recovery & Mobility)

30 / Week 4: The Level Up (4 Workouts)

31 / Workout A (All Out Conditioning)

33 / Workout B (All Out Strength)

35 / Workout C (All Out Strength & Endurance)

37 / Workout D (Active Recovery & Mobility)

38 / You did it!

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](#).

[TABLE OF CONTENTS](#)[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 | 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](#).

[TABLE OF CONTENTS](#)[NEXT WEEK](#)[PREVIOUS WEEK](#)

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](#).

[TABLE OF CONTENTS](#)[NEXT WEEK](#)[PREVIOUS WEEK](#)

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](#).

[TABLE OF CONTENTS](#)

[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.

