

Warrior Home Workout Generator

Please use this guide to mix and match the different exercises into whatever combinations you prefer. Feel free to modify or add whatever you think would make things more creative, challenging or a competition!

Tips:

- Vary up WHERE you do these exercises if you can. At a park, in the backyard, in their rooms, in the living or family room, in the garage, in a long hallway if you have one; all of those will work
- ALWAYS make it a contest of time, repetition or against yourself. Everyone runs faster or tries harder when results are measured
- Get a little notebook and write down the results of every workout, so you can track progress

Sample Workouts and Notes:

- All type squats - 1st goal is 100 straight (pausing for a few breathes ok)
- All type pushups - 1st goal is 50 straight
- Take any workout - do AMRAP in a set time period of set # of reps (AMRAP = As Many Rounds As Possible) EX: AMRAP 20 squats/10 pushups/10 Supersitups x 10 mins
- Anytime you start to complete workouts without too much work, raise the # of reps/sets/exercises
- Use any combination of exercises below - CHALLENGE yourself
- Bodyweight training CAN be done DAILY.
- Best results are to train 1st thing in the morning on an empty stomach
- Soreness is natural in the beginning. Don't go bombing out of the gate if you're just starting out with a program like this. Rest as needed, but you don't need to alternate training days unless you have symptoms of overtraining - constantly sore, tired...)
- Stretch DAILY - MULTIPLE TIMES a day if you are seated for work all day
- ALWAYS BREATHE DEEPLY DURING ALL EXERCISES AND STRETCHES

1. Exercise List and Workout Ideas

Exercises	Animal Workout	Strength Workout	Speed Workout	Cardio Workout	Upper Body	Lower Body	Gassers
Alligator crawls	X						X
Duck Walks	X						X
Crab Crawls	X						X
Bear crawls	X						X
Scorpion Pushups	X				X		X
Standing Ab 1 - Stomach Flattener					X		X
Standing Ab 2 - The Vacuum					X		X
Standing Ab 3 - Waist Turner					X		X
Standing Ab 4 - Bend & Arch					X		X
Standing Ab 5 - Dynamic Side Bends					X		X
Standing Ab 6 - Hands Overhead Side Bends					X		X
Standing Ab 7 - Trunk Rotaters					X		X
Pushups		X			X		X
Slo-mo pushups		X			X		X
Push up hold		X			X		X
Zombie sit ups		X			X		X
Inverted Toe Touches		X			X		X
Superman situps		X			X		X
4 Part Ab Exercise		X			X		X
Squats		X				X	X
Hindu Jumping Squats				X		X	X
Bend and thrust				X		X	X
Jumping jacks				X			X
Burpees				X			X
Mountain climbers				X			X
Sprints/Sprinting in place			X				X
Low crawl							X

2. Stretches

Cubicle Stretch Series

- Quad/Hip Flexor/Hamstring Stretch x 1min
- Frog Stretch x 1 min
- Hip & Glute Stretch x 1 min

Dynamic Stretches

- Front Stretch x 10
- Side Toes Up Stretch x 10
- Side Blade Stretch x 10
- Back Kick Stretch x 10

5 Position Stretch

- Sumo squat x 10 pulses
- Bow and Arrow x 10 pulses
- Bow and Arrow Toes x 10 pulses
- Squat Side Blade x 10 pulses
- Squat Toes Up x 10 pulses