



Bonus

Basic Workout Program

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Week 1 Workouts

Workout 1:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Legs	Bodyweight Squats	12 Reps	2 Sets	Click here
Front	Modified Pushups	12 Reps	2 Sets	Click here
Back	Resistance Tube Row	12 Reps	2 Sets	Click here

Workout 2:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Legs	Hip thrusts	12 Reps	2 Sets	Click here
Full body	Plank	30-60 seconds	2 Sets	Click here
Shoulders	Overhead Press	12 Reps	2 Sets	Click here

Week 2 Workouts

Workout 3:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Legs	Wall Sit	60 seconds	2 Sets	Click here
Front	Dumbbell Chest Press	12 Reps	2 Sets	Click here
Back	Resistance Band Pull Down	12 Reps	2 Sets	Click here

Workout 4:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Core	Ankle Reaches	12 Reps	2 Sets	Click here
Full body	Walking Lunge	6 reps per leg	2 Sets	Click here
Balance	One leg bicep curl	8 reps per leg	2 Sets	Click here

Week 3 Workouts

Workout 5:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Legs	Bodyweight Squat	15 reps	2 Sets	Click here
Front	Push up	15 Reps	2 Sets	Click here
Back	Bent over row	15 Reps	2 Sets	Click here

Workout 6:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Legs	Hip thrusts	15 Reps	2 Sets	Click here
Full body	Plank	45-60 seconds	2 Sets	Click here
Shoulders	Overhead press	15 reps	2 Sets	Click here

Week 4 Workouts

Workout 7:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Legs	Wall sit	60 seconds	2 Sets	Click here
Front	Dumbbell chest press	15 Reps	2 Sets	Click here
Back	Resistance band pull down	15 Reps	2 Sets	Click here

Workout 8:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Core	Alternating ankle reaches	10 reps per side	2 Sets	Click here
Full body	Walking lunge	8 reps per leg	2 Sets	Click here
Arms	Chair dips	12 reps	2 Sets	Click here

Week 5 Workouts

Workout 9:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Legs	Bodyweight squat	12 Reps	3 Sets	Click here
Front	Push ups	12 Reps	3 Sets	Click here
Back	Bent over row	12 Reps	3 Sets	Click here

Workout 10:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Leg	Hip thrusts	12 Reps	3 Sets	Click here
Full body	Plank	45-60 seconds	3 sets	Click here
Shoulders	Overhead press	12 reps	3 Sets	Click here

Week 6 Workouts

Workout 11:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Legs	Sumo Body Weight Squat	12 Reps	3 Sets	Click here
Front	Dumbbell chest press	12 Reps	3 Sets	Click here
Back	Resistance band pull down	12 Reps	3 Sets	Click here

Workout 12:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Core	Alternating Ankle Reaches	8 reps per side	3 Sets	Click here
Full body	Walking lunge	8 reps per leg	3 sets	Click here
Balance	One leg bicep curl	8 reps per leg	3 Sets	Click here

Week 7 Workouts

Workout 13:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Legs	Body Weight Squat	15 Reps	3 Sets	Click here
Front	Push ups	15 Reps	3 Sets	Click here
Back	Bent over row	15 Reps	3 Sets	Click here

Workout 14:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Legs	Hip thrusts	15 Reps	3 Sets	Click here
Full body	Side Plank	30-60 seconds on each side	2 sets	Click here
Shoulders	Overhead press	15 reps	3 Sets	Click here

Week 8 Workouts

Workout 15:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Legs	Sumo Body Weight Squat	15 Reps	3 Sets	Click here
Front	Dumbbell Chest Press	15 Reps	3 Sets	Click here
Back	Resistance Band Pull down	15 Reps	3 Sets	Click here

Workout 16:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Core	Alternating Ankle Reaches	10 reps per side	3 Sets	Click here
Full body	Walking lunge	8 reps per leg	3 sets	Click here
Arms	Chair dips	15 reps	2 Sets	Click here

Week 9 Workouts

Workout 17:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Legs	Dumbbell squat	15 Reps	3 Sets	Click here
Front	Push ups	15 Reps	3 Sets	Click here
Back	Bent over row	15 Reps	3 Sets	Click here

Workout 18:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Legs	Hip thrusts with 1 leg straight up	10 reps per side	2 Sets	Click here
Full body	Side Plank	45-60 seconds per side	2 sets	Click here
Shoulders	One legged overhead press	10 reps per side	2 Sets	Click here

Week 10 Workouts

Workout 19:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Legs	Dumbbell sumo squat with bicep curl	15 Reps	3 Sets	Click here
Front	Dumbbell chest press	15 Reps	3 Sets	Click here
Back	Resistance band pull down	15 Reps	3 Sets	Click here

Workout 20:

Area Worked	Activity	Number of repetitions	Number of sets	Link to video demonstration
Core	Alternating side-middle-side ankle reaches	8 reps per side	3 sets	Click here
Full body	Walking lunge	12 reps per leg	3 sets	Click here
Arms	Chair dips	15 reps	3 sets	Click here