

FROM: NATASHA LARENTE	DECEMBER 14, 2020															
	WEEK 1				WEEK2				WEEK3				WEEK4			
TOTAL HOME 1 1ST ROUND: 10 REPS , 2ND ROUND: 10 REPS (SLOW ECCENTRIC) INTO MAX REP NORMAL TEMPO	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
1A. GOBLET SQUAT (HOLD 1DB/KB TO CHEST)																
1B. DBS ROMANIAN DEADLIFT																
1C. BULGARIAN LUNGE R/L (2DBS)																
1D. BENT OVER ABDUCTIONS (HOLD 20 SEC THEN MAX)																
2A. BENT OVER BACK ROW (DBS NEUTRAL GRIP)																
2B. DBS LYING CHEST PRESS																
2C.DBs SHOULDERS PRESS																
2D. DBS UPRIGHT ROW (KEEP WIDE)																
3A. SL BW HIP THRUST R/L INTO DOUBLE LEGS MAX REPS																
3B. SUMO 1 DB SQUAT (DB BETWEEN LEGS)																
3C. DBS HEAVY WALKING LUNGES (FRONT LUNGES) X 20 INTO BW																
4A. BANDED REAR DELT PULL HOLD (20 SECS) INTO MAX REPS (USE MINI BAND RUBBER)																
4B. BICEP CURLS																
4C. LATERAL RAISES																
4D. TRICEP PUSH UP FROM KNEES																
5A. 1DB UPPER CRUNCH																
5B. LEGS RAISES																
5C. BICYCLE SLOW INTO FAST																

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TOTAL HOME 2 (REPEAT CIRCUIT 3 TIMES)	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
A1. HEAVY KB STIFF LEG DEADLIFT INTO SQUAT X 10																
A2. ABS REACH SIDE TO SIDE X 20T																
A3. BANDED SQUAT + LEG KICK BACKS (2DBs) X 20T																
A4. SIDE PLANK DIPS (UP/DOWN) X 20R/20L																
A5. STANDING SHOULDER PRESS ALT. X 20T																
A6. BICEP CURL HOLD 1 ARM AT 90 + CURL OTHER ARM X 10R/10L																
B1. SQUAT + DBS PUNCH ACCROSS X 12T																
B2. RUSSIAN TWIST DB X 20																
B3. SPLIT LUNGE (2DBs) x 12R/12L (FRONT LEG ON STEP)																
B4. 1 ARM TRICEP KICKBACK X 12R/12L																
B5. PLANK JACKS BANDED ON SLIDERS X 20																
B6. WALL SIT + DBS FRONT RAISES X 12																

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TOTAL HOME 3 (REPEAT CIRCUIT 3 TIMES)	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
A1. BACK LUNGE (FROM STEP) X 12R/12L (HEAVY DBs)																
A2. FRONT RAISE TO LATERAL RAISE X 10T																
A3. GOBLET SQUAT (2 PULSE) (HOLD HEAVY KB) X 12																
A4. LYING 1DB TRICEP SKULL CRUSHER X 12																
A5. HIGH STEP UPS (HEAVY DBs) X 12R/12L																
A6. SHOULDER PRESS (HAMMER GRIP) X 12																
B1. KB SUMO SQUAT TO UPRIGHT ROW x 12																
B2. BENT OVER BACK ROWS (2 DBs HEAVY) X 12																
B3. 1DB TRICEP EXTENSION OVERHEAD X 20																
B4. KB REGULAR DEADLIFTS X 12 (HEAVY)																
B5. UPPER CRUNCH 1DB (LEGS UP) X 20																
B6. BANDED HIP THRUST + 1DB HEAVY X 20																

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TOTAL HOME 4 (REPEAT CIRCUIT 3 TIMES)	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
A1. BULGARIAN (2DBs) X 12L/12L																
A2. PUSH UPS (FROM KNEES) X AMRAP																
A3. RDL TO BACK ROW X 12																
A4. 1 ARM INCLINE LATERAL RAISE X 12R/12L																
A5. HALF SQUAT HOLD BANDED CHA-CHA X 20R/20L																
A6. TRICEP DIPS X 15																
B1. SINGLE LEG DEADLIFT (1DB) X 12R/12L																
B2. STANDING SHOULDER PRESS 1.5 REP X 12																
B3. BACK LUNGE + BICEP CURLS (ALT.) X 20T																
B4. 1 ARM ROW X 12R/12L																
B5. 1/2 PLANK: SIDE LEG RAISES X 12R/12L																
B6. BANDED 1 ARM TRICEP PRESS DOWN X 15R/15L																

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NOTES

LIST OF EQUIPMENT SUGGESTED FOR HOME:	
-DBS 5, 8, 10, 15, 20 LBS (IF MORE ADVANCED PROBABLY 25)	
- SMALL STEP	
-STABILITY BALL	
-SLIDERS OR PARTY PAPER PLATES CAN DO	
-MINI BAND (LIGHT AND 1 HEAVY)	
-ANKLE WEIGHTS 5 LBS	
ALT. : ALTERNATE	
AMRAP: AS MANY REPS AS POSSIBLE	
DBS: DUMBBELLS	
BB: BARBELL	
SUPINE: HANDS UNDER, PALM FACING UP	
PRONE: HANDS ON TOP, PALMS FACING DOWN	
20T: 20 REPS TOTAL	
20R/20L: 20 REPS RIGHT/ 20 REPS LEFT	
1A/1B: IS A SUPERSET. EXECUTE THE 2 MOVES BACK TO BACK WITH MINIMAL REST, RESTING FOR 45SEC TO 1MIN BETWEEN SUPERSETS.	
RDL: ROMANIAN DEADLIFT	

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