



BUCKINGHAM FITNESS 30 DAY AT HOME BODYWEIGHT SERIES

WEEK 1 TRAINING PLAN – MOBILITY & MOVEMENT

March 17th, 2020 – March 23rd, 2020

Day 1	<u>At Home Bodyweight Workout</u> Warm-up x 3:00: Side-to-side Cossack Squats x 6/side Small Shoulder Circles x :15/:15 (forward and backward) Tall Plank x :20 Air Squats x 10 AMRAP (As Many Rounds As Possible) x 10:00: Reverse Lunges x 8/leg Back Fly's x :20 Tempo Air Squats x 10 @ 2 seconds down, 2 seconds up Mountain Climbers x :20 Jumping Jacks x :20 Cooldown x 2:00 Stretching & Resting
Day 2	<u>At Home Bodyweight Workout</u> Warm-up x 3:00: Side-to-side Low Cossack Squats x 6/side Back Fly's x 15 Shoulder Rotations x 8/direction (forward & backward, lead w/ elbow) Plank Hacksaw x :15-:20 EMOM (Every Minute On The Minute) x 12:00: Tempo Push-ups x 4-8 Reps @ 2 seconds down, 2 seconds up Lateral Lunges x 6-8/side Marching Mountain Climbers x 6/side Face Pulls x :30 w/ :1 Pause Cooldown x 2:00 Stretching & Resting

YouTube Links - Day 1: <https://youtu.be/VBcySmdDdbE> Day 2: <https://youtu.be/gtgvs-E39e8>



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WEEK 1 TRAINING PLAN – MOBILITY & MOVEMENT

March 17th, 2020 – March 23rd, 2020

Day 3	<u>At Home Bodyweight Workout</u>
	Warm-up x 3:00: Single Leg Hip Extensions (forward, side, backward) x 4/side per leg Alternating Back Rows x 12/side Tall Plank x :20 1.5 Air Squats x 10 AMRAP (As Many Rounds As Possible) x 10:00: Hip Thrusts x 15-20 Lat Pulldowns x 20 ***Tempo Air Squats x 10 @ 32x1 Tall Plank Alternating Shoulder Taps x :15-:20 Cooldown x 2:00 Stretching & Resting
Day 4	<u>At Home Bodyweight Workout</u>
	Warm-up x 3:00: Side-to-side Cossack Squats x 6/side Back Fly's x 15 Shoulder Rotations x 8/direction (forward & backward, lead w/ elbow) Alternating Plank Hip Abductions x :15-:20 EMOM (Every Minute On The Minute) x 12:00: ***Tempo Push-ups x 3-6 Reps @ 32x1 ***Tempo Split Stance Lunges x 6/side @ 2020 Marching Mountain Climbers x 8/side Single Leg Glute Bridge x :10-:15/side Cooldown x 2:00 Stretching & Resting

YouTube Links – Day 3: <https://youtu.be/DGdux7mYA34> Day 4: <https://youtu.be/TDdXAN523jQ>



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WEEK 1 TRAINING PLAN – MOBILITY & MOVEMENT

March 17th, 2020 – March 23rd, 2020

Day 5	<u>At Home Bodyweight Workout</u>
	Warm-up x 3:00: Shoulder Presses x :20 Good Mornings x 10 Alternating Single Leg Tall Plank x :20 No Weight Kettlebell Swings x 15 AMRAP (As Many Rounds As Possible) x 10:00: Reverse Lunges x 8-10/leg Face Pulls x :30 w/ :2 Pause 1.5 Stance Deadlifts x 8/side Alternating High Knees x :20 Cooldown x 2:00 Stretching & Resting
Day 6	<u>At Home Bodyweight Workout</u>
	Warm-up x 3:00: Side-to-side Cossack Squats x 6/side Alternating Back Rows x 12/side Air Squat to Alternating High Knee Raise x 6/side EMOM (Every Minute On The Minute) x 12:00: ***Tempo Hip Thrusts x 6 @ 2022 Alternating Single Arm Tall Plank x :20 Isometric Air Squat x :15-:25 Single Arm Face Pulls x :30 w/ :1 Pause Cooldown x 2:00 Stretching & Resting

YouTube Links – Day 5: <https://youtu.be/d8LK-1j5OZA> Day 6: <https://youtu.be/M9UwR5HVh1c>



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WEEK 1 TRAINING PLAN – MOBILITY & MOVEMENT

March 17th, 2020 – March 23rd, 2020

Day 7	<u>At Home Bodyweight Workout</u>
	Warm-up x 3:00: Side-to-side Cossack Squats x 8/side Small Shoulder Circles x :20/:20 (forward and backward) Tall Plank x :20-:30 Air Squats x 10-12 AMRAP (As Many Rounds As Possible) x 15:00: Lateral Lunges x 8/leg Alternating Back Fly's x :20 Air Squat to Alternating High Knee Raise x 8/side Mountain Climbers x :20 Hip Thrusts x :30 *Rest :30* Cooldown x 2:00 Stretching & Resting

YouTube Link – Day 7: <https://youtu.be/b4pqUDV8FhU>

****For the '@' times listed for tempo work, let me explain...

Example: 5 @ 43x0

- 5 equals the # of reps
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- 4 equals the # of seconds you will ECCENTRICALLY move
- 3 equals the # of seconds you will ISOMETRICALLY hold
- X equals the # of seconds you will CONCENTRICALLY move (in this case 'X' notates exploding through the movement)
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WEEK 2 TRAINING PLAN – STRENGTH & STABILITY

March 24th, 2020 – March 31st, 2020 (March 25th Rest Day)

Day 8	<u>At Home Bodyweight Workout</u>
Rest Day After This Workout	<p>Warm-up x 3:00: Sprinter Stance Deadlifts x 6/side Shoulder Circles x :15/:15 (forward and backward, lead with elbow) 1.5 Squats x 6 Tall Plank Alternating Shoulder Taps x :20</p> <p>AMRAP (As Many Rounds As Possible) x 8:00 x2 (Rest 2:00 Between): ***Tempo Staggered Pushups x 3/side @ 23x1 Dead Bugs x 8-10/side ***Tempo Air Squats x 6-8 @ 43x0 Forearm Plank x :30 Hip Abduction Circles x :10/side (backward)</p> <p>Cooldown x 2:00 Stretching & Resting</p>
Day 9	<u>At Home Bodyweight Workout</u>
	<p>Warm-up x 3:00: Side-to-side Low Cossack Squats x 8/side Alternating Back Fly's x 8/side Shoulder Rotations x 10/direction (forward & backward, lead w/ elbow) Plank Hacksaw x :20</p> <p>EMOM (Every Minute On The Minute) x 20:00: Bear Crawl x :20-:30 (forward and backward / side-to-side) Reverse-to-Lateral Lunges x 4/side Marching Mountain Climbers x 5/side w/ :3 Pause Back Flys-to-Face Pulls x :40 Lateral-to-Front Shoulder Raises x :30</p> <p>Cooldown x 2:00 Stretching & Resting</p>

YouTube Links – Day 8: <https://youtu.be/XtFzuotLAE> Day 9: <https://youtu.be/eSt7U6JzRuU>



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WEEK 2 TRAINING PLAN – STRENGTH & STABILITY

March 24th, 2020 – March 31st, 2020 (March 25th Rest Day)

Day 10	<u>At Home Bodyweight Workout</u>
	<p>Warm-up x 3:00: Single Leg Hip Extensions (forward, side, backward) x 4/side per leg Alternating Back Rows x 12/side Tall Plank (Active Hold) x :20 1.5 Air Squats x 10</p> <p>AMRAP (As Many Rounds As Possible) x 15:00: Single Leg Hip Thrusts x 6-8/leg (full ROM – Range of Motion) Side Plank Pulses x 8/side Lat Pulldowns x 12 @ 0202 ***Tempo Air Squats x 8 @ 32x1 Tall Plank Shoulder Taps x :15/side (Not Alternating)</p> <p>Cooldown x 2:00 Stretching & Resting</p>
Day 11	<u>At Home Bodyweight Workout</u>
	<p>Warm-up x 3:00: Side-to-side Cossack Squats x 6/side Back Fly's x 15 Shoulder Rotations x 8/direction (forward & backward, lead w/ elbow) Alternating Plank Hip Abductions x :15-:20</p> <p>EMOM (Every Minute On The Minute) x 20:00: ***Tempo Push-ups x 3-4 Reps @ 44x1 ***Tempo Split Stance Lunges x 4/side @ 3030 Alternating Spider-Man Planks x :30 Single Leg Glute Bridge x :20/side (from the floor)</p> <p>Cooldown x 2:00 Stretching & Resting</p>

YouTube Links – Day 10: <https://youtu.be/UXQsNTGOrs4> Day 11: <https://youtu.be/448eYwLLz68>



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WEEK 2 TRAINING PLAN – STRENGTH & STABILITY

March 24th, 2020 – March 31st, 2020 (March 25th Rest Day)

Day 12	<u>At Home Bodyweight Workout</u>
	<p>Warm-up x 4:00: Shoulder Presses x :20 Good Mornings x 8 Alternating Single Leg Tall Plank x :20 Tempo Squats x 3 @ 34x1</p> <p>AMRAP (As Many Rounds As Possible) x 5:00 x3 (Rest 1:00 Between) Leaning/Single Leg Squats x 8/leg Single Arm Thrusters x :15/side Single Arm Face Pulls x :30 w/ :1 Pause Single Leg Tall Plank x :20/side w/ Pulses In-&-Out Squats x :30</p> <p>Cooldown x 2:00 Stretching & Resting</p>
Day 13	<u>At Home Bodyweight Workout</u>
	<p>Warm-up x 4:00: Side-to-side Cossack Squats x 6/side Alternating Back Rows x 12/side Air Squat to Alternating High Knee Raise x 6/side</p> <p>EMOM (Every Minute On The Minute) x 20:00: Hip Thrusts x :40 Alternating Single Arm Tall Plank x :35 High Angle Back Fly's-to-Face Pulls x :50 Side Planks x :20/side</p> <p>Cooldown x 2:00 Stretching & Resting</p>

YouTube Links – Day 12: <https://youtu.be/ucbMDI3mgtc> Day 13: <https://youtu.be/QoTQIEYPMpQ>



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WEEK 2 TRAINING PLAN – STRENGTH & STABILITY

March 24th, 2020 – March 31st, 2020 (March 25th Rest Day)

Day 14	<u>At Home Bodyweight Workout</u>
	Warm-up x 4:00: Side-to-side Cossack Squats x 8/side Small Shoulder Circles x :20/:20 (forward and backward) Tall Plank x :20-:30 Air Squats x 10-12
	Muscular Endurance & Conditioning x 2:00 On, 1:00 Off, 3 Rounds (27:00): Set 1: Lateral Lunges x 8/leg & Alternating Back Fly's x 15/side Set 2: Side Plank Pulses x 8/side & Staggered Push-ups x 6/side Set 3: Side-to-Side 5' Bear Crawls x 5 & Single Leg Hip Thrusts x 8/side
	Cooldown x 2:00 Stretching & Resting

YouTube Links – Day 14: <https://youtu.be/jRh5tzt8spo>

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WEEK 3 TRAINING PLAN – ENDURANCE & CONDITIONING

April 1st, 2020 – April 8th, 2020 (Rest Day April 5th)

<p>Day 15</p>	<p style="text-align: center;"><u>At Home Bodyweight Workout</u></p> <p>Warm-up x 4:00: Sprinter Stance Deadlifts x 6/side Shoulder Circles x :15/:15 (forward & backward, lead with elbow) 1.5 Squats x 6 Tall Plank Alternating Shoulder Taps x :20</p> <p>AMRAP (As Many Rounds As Possible) x 6:00 x3 (Rest 1:00 Between): Single Leg Active Hold x :20/leg Dead Bugs x :20 No Push-up Burpees x :20 Quadruped Donkey Kicks x :15/side Forearm Plank w/ Vertical Row x :15/arm</p> <p>Cooldown x 3:00 Stretching & Resting</p>
<p>Day 16</p>	<p style="text-align: center;"><u>At Home Bodyweight Workout</u></p> <p>Warm-up x 3:00: Side-to-side Low Cossack Squats x 8/side Back Fly's x 8/side Curtsy Squats x 4/side Plank Hacksaw x :20</p> <p>EMOM (Every Minute On The Minute) x 28:00: Bear Crawl – Forward & Backward x :30 Lateral Lunges-to-Curtsy Squats x 4/side Quadruped Hip Abductions x 8/side w/ :1 Pause Lat Pulldowns-to-Shoulder Presses x :50 90/90 Vertical Ab Raises x :20</p> <p>Cooldown x 3:00 Stretching & Resting</p>

YouTube Links – Day 15: <https://youtu.be/1MMN06Lkko4> Day 16: <https://youtu.be/6Q7ZDYeVdE8>



BUCKINGHAM FITNESS 30 DAY AT HOME BODYWEIGHT SERIES

WEEK 3 TRAINING PLAN – ENDURANCE & CONDITIONING

April 1st, 2020 – April 8th, 2020 (Rest Day April 5th)

Day 17	<u>At Home Bodyweight Workout</u>
	<p>Warm-up x 3:00: Around The World Hip Extensions x 4/side per leg Alternating Single Arm Shoulder Raises x 6/side Tall Plank (Active Hold) x :20 1.5 Air Squats x 10</p> <p>AMRAP (As Many Rounds As Possible) x 20:00: Tall Kneeling Single Leg Hip Thrusts x 8/leg Side Plank Pulses x 6/side w/ :2 Pause at Top Quadruped Single Leg Hip Abductions x 8/side Tall Plank Shoulder Taps x :15/side (Not Alternating) ***Tempo Leaning Single Leg Squats x 6 @ 32x1 ***REST :30***</p> <p>Cooldown x 3:00 Stretching & Resting</p>
Day 18	<u>At Home Bodyweight Workout</u>
Rest Day After This Workout	<p>Warm-up x 4:00: Side-to-side Cossack Squats x 6/side Back Fly's x 15 Reverse Lunges x 6/side Shoulder Rotations x 8/direction (forward & backward, lead w/ elbow)</p> <p>Muscular Endurance & Conditioning x 2:00 On, 1:00 Off, 3 Rounds (27:00): Set 1: Lateral-to-Reverse-to-Curtsey Lunges x 3/leg & Marching Mountain Climbers x 12/side Set 2: Forearm Plank w/ Vertical Rows x 8/side & Shoulder Press x :20 Set 3: Dead Bugs x 8/side & Archer Pushups x :20</p> <p>Cooldown x 2:00 Stretching & Resting</p>

YouTube Links – Day 17: https://youtu.be/BA_T2_-UKIM Day 18: <https://youtu.be/6WcNhiveOhw>



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WEEK 3 TRAINING PLAN – ENDURANCE & CONDITIONING

April 1st, 2020 – April 8th, 2020 (Rest Day April 5th)

Day 19	<p style="text-align: center;"><u>At Home Bodyweight Workout</u></p> <p>Warm-up x 4:00: Shoulder Presses x :20 Good Mornings x 8 Alternating Single Leg Tall Plank x :20 Tempo Squats x 3 @ 34x1</p> <p>AMRAP (As Many Rounds As Possible) x 4:00 x5 (Rest 1:00 Between) Leaning/Single Leg Squats w/ Hip Abduction x 8/leg Alternating Single Arm Lat Pulldowns x :30 w/ :1 Pause Crossover In-&-Out Squats x :30 Tall Plank to Forearm Plank (Down, Down, Up, Up) x :30 Single Arm Thrusters x :15/side</p> <p>Cooldown x 2:00 Stretching & Resting</p>
Day 20	<p style="text-align: center;"><u>At Home Bodyweight Workout</u></p> <p>Warm-up x 4:00: Side-to-side Low Cossack Squats x 6/side Alternating Back Rows x 12/side Air Squat to Alternating High Knee Raise x 6/side</p> <p>EMOM (Every Minute On The Minute) x 20:00: Superman Raises w/ Opposite Arm/Leg x :40 No Pushup Renegade Rows x :30 Bulgarian Squats x :20/leg Bear Crawls – Forward & Backward x :30</p> <p>Cooldown x 2:00 Stretching & Resting</p>

YouTube Links – Day 19: <https://youtu.be/JRzg677XWvo> Day 20: <https://youtu.be/BLaccUF4Hnw>



BUCKINGHAM FITNESS 30 DAY AT HOME BODYWEIGHT SERIES

WEEK 3 TRAINING PLAN – ENDURANCE & CONDITIONING

April 1st, 2020 – April 8th, 2020 (Rest Day April 5th)

Day 21	<u>At Home Bodyweight Workout</u>
	<p>Warm-up x 4:00: Side-to-side Cossack Squats x 8/side Small Shoulder Circles x :20/:20 (forward and backward) Tall Plank x :30 Air Squats x 12</p> <p>Muscular Endurance & Conditioning x 2:00 On, 1:00 Off, 3 Rounds (27:00): Set 1: Reverse-to-Forward Lunges x 6/leg & Scissor Kicks x 15/side Set 2: Bird Dogs x 8/side & No Pushup Burpees x :20 Set 3: Tall Kneeling Single Leg Hip Thrusts x 8/leg & Tempo Squats x 6 @ 2220</p> <p>Cooldown x 2:00 Stretching & Resting</p>

YouTube Links – Day 21: <https://youtu.be/z38tivYPXzc>

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- 3 equals the # of seconds you will ISOMETRICALLY hold
- X equals the # of seconds you will CONCENTRICALLY move (in this case 'X' notates exploding through the movement)
- 0 equals the # of seconds you will PAUSE at the starting point of the movement

In this example you would move eccentrically for 4 seconds, hold isometrically for 3 seconds, explode concentrically, then go right back into the movement for 5 total reps



BUCKINGHAM FITNESS 30 DAY AT HOME BODYWEIGHT SERIES

WEEK 4 TRAINING PLAN – RESILIENCY & STRENGTH

April 9th, 2020 – April 16th, 2020 (Rest Day April 12th)

Day 22	<u>At Home Bodyweight Workout</u>
	<p>Warm-up x 4:00: Sprinter Stance Deadlifts x 6/side Shoulder Circles x :15/:15 (forward & backward, lead with elbow) 1.5 Squats x 6 Incline Push-ups x :15</p> <p>AMRAP (As Many Rounds As Possible) x 6:00 x3 (Rest 1:00 Between): Staggered Push-ups x :10/side Isometric Dead Bugs x 5/side w/ :3 Hold Isometric Push-up Hold x :15 Quadruped Single Arm Wiper Blades x :15/side Single Leg Active Hold x :20/leg Back Flys-to-Rear Delt Raise x :40</p> <p>Cooldown x 3:00 Stretching & Resting</p>
Day 23	<u>At Home Bodyweight Workout</u>
	<p>Warm-up x 3:00: Side-to-side Low Cossack Squats x 8/side Back Fly's x 8/side Curtsy Squats x 4/side Single Arm Full ROM Shoulder Holds w/ Wall Assistance x :20/side</p> <p>EMOM (Every Minute On The Minute) x 30:00: Alternating Back Fly's x :45 Curtsy Lunge-to-Squats x 6/side Archer Pushups x :10, Rest :20, x :10, Rest :20 Elevated Single Leg Hip Thrusts x :15/side Alternating V-Ups x :30</p> <p>Cooldown x 3:00 Stretching & Resting</p>

YouTube Links – Day 22: https://youtu.be/31UKy1F4_L4 Day 23: https://youtu.be/J8X_S2GiHAK



BUCKINGHAM FITNESS 30 DAY AT HOME BODYWEIGHT SERIES

WEEK 4 TRAINING PLAN – RESILIENCY & STRENGTH

April 9th, 2020 – April 16th, 2020 (Rest Day April 12th)

Day 24	<u>At Home Bodyweight Workout</u>
Rest Day After This Workout	<p>Warm-up x 4:00: Around The World Hip Extensions x 4/side per leg Alternating Single Arm Front Shoulder Raises (Full ROM) x 6/side Tall Plank (Active Hold) x :20 Reverse Lunges-to-Squats x :20</p> <p>AMRAP (As Many Rounds As Possible) x 25:00: Lateral Bounds x :30 Side Plank Pulses x 8/side w/ :2 Pause at Top Lateral Lunge-to-Squats x :30 Tall Plank Shoulder Taps x :15/side (Not Alternating) Elevated Glute Bridge Marches x :30 ***REST :30***</p> <p>Cooldown x 3:00 Stretching & Resting</p>
Day 25	<u>At Home Bodyweight Workout</u>
	<p>Warm-up x 4:00: Side-to-side Cossack Squats x 6/side Back Fly's x 15 Reverse Lunges x 6/side Shoulder Rotations x 8/direction (forward & backward, lead w/ elbow)</p> <p>Muscular Endurance & Conditioning x 4:00 On, 1:00 Off, 3 Rounds (30:00): Set 1: Bulgarian Squats x :15/leg @ 32x0, Renegade Rows x :15, Tall Kneeling Hip Thrusts x :15, & Marching Mountain Climbers x 10/side Set 2: Forearm Plank w/ Vertical Rows x 8/side, Isometric Squat Hold x :20, Inch Worm Walkouts x 6, & Half Kneeling Rotations x 8/side</p> <p>Cooldown x 2:00 Stretching & Resting</p>

YouTube Links – Day 24: <https://youtu.be/tEBADR0Yjd4> Day 25: <https://youtu.be/jSe-nOofnm0>



BUCKINGHAM FITNESS 30 DAY AT HOME BODYWEIGHT SERIES

WEEK 4 TRAINING PLAN – RESILIENCY & STRENGTH

April 9th, 2020 – April 16th, 2020 (Rest Day April 12th)

Day 26	<u>At Home Bodyweight Workout</u> Warm-up x 4:00: Shoulder Presses x :20 Good Mornings x 8 Alternating Single Leg Tall Plank x :20 Tempo Squats x 3 @ 34x1 AMRAP (As Many Rounds As Possible) x 5:00 x5 (Rest 1:00 Between) Superman Raises w/ Opposite Arm/Leg x :30 w/ :1 Pause/Rep In-&-Out Squats x :30 Psoas Marches x :30 Thrusters x :30 Hip Abductor Extensions x :15/side Cooldown x 2:00 Stretching & Resting
Day 27	<u>At Home Bodyweight Workout</u> Warm-up x 4:00: Side-to-side Low Cossack Squats x 6/side Alternating Back Rows x 12/side Air Squat to Alternating High Knee Raise x 6/side EMOM (Every Minute On The Minute) x 28:00: Alternating Single Arm Tall Planks x :30 Donkey Kicks w/ :1 At Extension x :20/leg Narrow Push-ups x :15, Rest :15, :15, Rest :15 Slow Bear Crawls – Forward & Backward 5'-10' x :30 Cooldown x 2:00 Stretching & Resting

YouTube Links – Day 26: <https://youtu.be/OSYBJ5B1Kqc> Day 27: <https://youtu.be/gKd6fssU2So>



BUCKINGHAM FITNESS 30 DAY AT HOME BODYWEIGHT SERIES

WEEK 4 TRAINING PLAN – RESILIENCY & STRENGTH

April 9th, 2020 – April 16th, 2020 (Rest Day April 12th)

Day 28	<u>At Home Bodyweight Workout</u>
	Warm-up x 4:00: Side-to-side Cossack Squats x 8/side Small Shoulder Circles x :20/:20 (forward and backward) Tall Plank x :30 Air Squats x 12
	Muscular Endurance & Conditioning x 3:00 On, 1:00 Off, 3 Rounds (36:00): Set 1: Reverse-to-Squat-to-Forward Lunges x 5/leg & Flutter Kicks x 15/side Set 2: Bird Dogs x 6/side w/ :2 Pause at Extension & No Pushup Burpees x :15 Set 3: Tempo Squats x 6 @ 2420 & Tempo Pushups x 4 @ 33x2
	Cooldown x 2:00 Stretching & Resting

YouTube Links – Day 28: <https://youtu.be/dOc8V9Ay1dl>

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- 4 equals the # of seconds you will ECCENTRICALLY move
- 3 equals the # of seconds you will ISOMETRICALLY hold
- X equals the # of seconds you will CONCENTRICALLY move (in this case 'X' notates exploding through the movement)
- 0 equals the # of seconds you will PAUSE at the starting point of the movement

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BUCKINGHAM FITNESS 30 DAY AT HOME BODYWEIGHT SERIES

WEEK 5 TRAINING PLAN – FINAL TESTING

April 17th & April 18th

Day 29	<u>At Home Bodyweight Workout</u>
	<p>Warm-up x 4:00: Shoulder Presses x :20 Good Mornings x 8 Alternating Single Leg Tall Plank x :20 Tempo Squats x 3 @ 34x1</p> <p>AMRAP (As Many Rounds As Possible) x 8:00 x4 (Rest 1:00 Between) Calf Raises x :30 Isometric Mountain Climbers x :30 Back Flys-to-Face Pulls x 1:00 Leaning Single Leg Squats x :15/leg Bear Crawls – Forward & Backward 5'-10' x :30 Assisted Isometric Squat/Wall Sit x 1:00</p> <p>Cooldown x 2:00 Stretching & Resting</p>
Day 30	<u>At Home Bodyweight Workout</u>
	<p>Warm-up x 4:00: Side-to-side Low Cossack Squats x 6/side Alternating Back Rows x 12/side Air Squat to Alternating High Knee Raise x 6/side</p> <p>EMOM (Every Minute On The Minute) x 30:00: Alternating V-Ups x :45 Fire Hydrants w/ :1 At Extension x :20/leg Inchworm Walkouts x :45 Alternating Back Flys x :45 Hip Thrusts x :45 Isometric Pushup Hold x ALAP-1 (As Long As Possible Within 1:00)</p> <p>Cooldown x 2:00 Stretching & Resting</p>

YouTube Links – Day 29: <https://youtu.be/7tw426BCUG4> Day 30: <https://youtu.be/OsiaOL2xnul>