



4-WEEK HOME WORKOUT

WEEK ONE



FOUR WEEKS OF HOME WORKOUTS

It's time put the focus back
on you.

BEGINNER STRENGTH TRAINING

A program you can do from
the comfort of your own
home.

FULL INSTRUCTIONAL VIDEOS

Full instructional videos
included on our blog.

GoTimeTraining

4 Week Home Workout

Week 1 - Day 1

REST TIME **2 MINUTES BETWEEN SETS**

Bird Dog	1 Set of 10 Reps
Cat/Camel	1 Set of 15 Reps
Plank	1 set of 30 Seconds
Side Plank	1 Set of 20 Seconds
Supine 90/90 Open Book	1 Set of 10 Reps Per Side
Glute Brides	1 Set of 10 Reps
Prisoner Squats	1 Set of 10 Reps
Hand Walk Outs	1 Set of 10 Reps
Dumbbell Thomas Squat	3 Sets of 8 Reps
Incline Push-Up	3 Sets of 8 Reps
One Arm Dumbbell Row	3 Sets of 8 Reps
Standing Dumbbell Curl	3 Sets of 8 Reps
Two Arm Dumbbell Tricep Extension	3 Sets of 8 Reps
Plank	3 sets of 20 Seconds
Hip Lunge Stretch	1 Set of 20-30 Seconds
Figure 4 Hamstring Stretch	1 Set of 20-30 Seconds Per Side
Child's Pose	1 Set of 20-30 Seconds
Door Jam Stretch	1 Set of 20-30 Seconds Per Side

GoTimeTraining

4 Week Home Workout

Week 1 - Day 2

REST TIME **2 MINUTES BETWEEN SETS**

Bird Dog 1 Set of 10 Reps

Cat/Camel 1 Set of 15 Reps

Plank 1 set of 30 Seconds

Side Plank 1 Set of 20 Seconds

Supine 90/90 Open Book 1 Set of 10 Reps Per Side

Glute Brides 1 Set of 10 Reps

Prisoner Squats 1 Set of 10 Reps

Hand Walk Outs 1 Set of 10 Reps

Dumbbell Romanian Dead Lift 3 Sets of 8 Reps

Side Lunges 3 Sets of 8 Reps

Seated Dumbbell Press 3 Sets of 8 Reps

One Leg Dumbbell Calf Raise 3 Sets of 10 Reps

Dumbbell Side Raises 3 Sets of 8 Reps

Prayer Crunch 3 sets of 10 Reps

Hip Lunge Stretch 1 Set of 20-30 Seconds

Figure 4 Hamstring Stretch 1 Set of 20-30 Seconds Per Side

Child's Pose 1 Set of 20-30 Seconds

Door Jam Stretch 1 Set of 20-30 Seconds Per Side

GoTimeTraining

4 Week Home Workout

Week 1 - Day 3

REST TIME **2 MINUTES BETWEEN SETS**

Bird Dog	1 Set of 10 Reps
Cat/Camel	1 Set of 15 Reps
Plank	1 set of 30 Seconds
Side Plank	1 Set of 20 Seconds
Supine 90/90 Open Book	1 Set of 10 Reps Per Side
Glute Brides	1 Set of 10 Reps
Prisoner Squats	1 Set of 10 Reps
Hand Walk Outs	1 Set of 10 Reps
Single Leg Dumbbell Lunge	3 Sets of 8 Reps
Dumbbell Floor Press	3 Sets of 8 Reps
Dumbbell Cross Body Row	3 Sets of 8 Reps
Standing Hammer Curl	3 Sets of 10 Reps
Lying Skull Crushers	3 Sets of 8 Reps
Side Planks	3 sets of 15 Second Per Side
Hip Lunge Stretch	1 Set of 20-30 Seconds
Figure 4 Hamstring Stretch	1 Set of 20-30 Seconds Per Side
Child's Pose	1 Set of 20-30 Seconds
Door Jam Stretch	1 Set of 20-30 Seconds Per Side