



# 4-WEEK HOME WORKOUT

WEEK THREE



## 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.

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# 4 Week Home Workout

## Week 3 - Day 1

<b>Rest Time</b>	<b>1.5 MINUTES BETWEEN SETS</b>
<b>Bird Dog</b>	1 Set of 10 Reps
<b>Cat/Camel</b>	1 Set of 15 Reps
<b>Plank</b>	1 set of 30 Seconds
<b>Side Plank</b>	1 Set of 20 Seconds
<b>Supine 90/90 Open Book</b>	1 Set of 10 Reps Per Side
<b>Glute Brides</b>	1 Set of 10 Reps
<b>Prisoner Squats</b>	1 Set of 10 Reps
<b>Hand Walk Outs</b>	1 Set of 10 Reps
<b>Dumbbell Rack Position Squat</b>	3 Sets of 12 Reps
<b>Decline Push-Up</b>	3 Sets of 10 Reps
<b>One Arm Dumbbell Row</b>	3 Sets of 12 Reps
<b>Tall Kneeling Dumbbell Curl</b>	3 Sets of 8 Reps
<b>Renegade Rows</b>	3 Sets of 8 Reps
<b>Two Arm Seated Dumbbell Extension</b>	3 Sets of 8 Reps
<b>High to Low Plank</b>	3 Sets of 10 Reps
<b>Plank</b>	3 Sets of 30 Seconds
<b>Hip Lunge Stretch</b>	1 Set of 20-30 Seconds
<b>Figure 4 Hamstring Stretch</b>	1 Set of 20-30 Seconds Per Side
<b>Child's Pose</b>	1 Set of 20-30 Seconds
<b>Door Jam Stretch</b>	1 Set of 20-30 Seconds Per Side

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# 4 Week Home Workout

## Week 3 - Day 2

<b>Rest Time</b>	<b>1.5 MINUTES BETWEEN SETS</b>
<b>Bird Dog</b>	1 Set of 10 Reps
<b>Cat/Camel</b>	1 Set of 15 Reps
<b>Plank</b>	1 set of 30 Seconds
<b>Side Plank</b>	1 Set of 20 Seconds
<b>Supine 90/90 Open Book</b>	1 Set of 10 Reps Per Side
<b>Glute Brides</b>	1 Set of 10 Reps
<b>Prisoner Squats</b>	1 Set of 10 Reps
<b>Hand Walk Outs</b>	1 Set of 10 Reps
<b>Dumbbell Stiff Leg Deadlift</b>	3 Sets of 12 Reps
<b>Dumbbell Side Lunges</b>	3 Sets of 12 Reps
<b>Seated Dumbbell Press</b>	3 Sets of 8 Reps
<b>Seated Dumbbell Front Raise</b>	3 Sets of 8 Reps
<b>One Leg Dumbbell Calf Raise</b>	3 Sets of 15 Reps
<b>Dumbbell Side Raises</b>	3 Sets of 12 Reps
<b>Prayer Crunches</b>	3 Sets of 12 Reps
<b>Hip Lunge Stretch</b>	1 Set of 20-30 Seconds
<b>Figure 4 Hamstring Stretch</b>	1 Set of 20-30 Seconds Per Side
<b>Child's Pose</b>	1 Set of 20-30 Seconds
<b>Door Jam Stretch</b>	1 Set of 20-30 Seconds Per Side

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# 4 Week Home Workout

## Week 3 - Day 3

<b>Rest Time</b>	<b>1.5 MINUTES BETWEEN SETS</b>
<b>Bird Dog</b>	1 Set of 10 Reps
<b>Cat/Camel</b>	1 Set of 15 Reps
<b>Plank</b>	1 set of 30 Seconds
<b>Side Plank</b>	1 Set of 20 Seconds
<b>Supine 90/90 Open Book</b>	1 Set of 10 Reps Per Side
<b>Glute Brides</b>	1 Set of 10 Reps
<b>Prisoner Squats</b>	1 Set of 10 Reps
<b>Hand Walk Outs</b>	1 Set of 10 Reps
<b>Dumbbell Lunge</b>	3 Sets of 20 Reps
<b>Dumbbell Lying Floor Press</b>	3 Sets of 12 Reps
<b>Wide Grip Pull Up</b>	3 Sets of 8 Reps
<b>Standing Hammer Curl</b>	3 Sets of 8 Reps
<b>Lying Dumbbell Extension</b>	3 Sets of 8 Reps
<b>Lying Floor Leg Raise</b>	3 Sets of 8 Reps
<b>Hip Lunge Stretch</b>	1 Set of 20-30 Seconds
<b>Figure 4 Hamstring Stretch</b>	1 Set of 20-30 Seconds Per Side
<b>Child's Pose</b>	1 Set of 20-30 Seconds
<b>Door Jam Stretch</b>	1 Set of 20-30 Seconds Per Side