



# 4-WEEK HOME WORKOUT

WEEK FOUR



## 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 4 - Day 1**

Rest Time	1 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 Rack Position Squat	3 Sets of 15 Reps
Decline Push-Up	3 Sets of ??????????????????????
One Arm Dumbbell Row	3 Sets of 15 Reps
Tall Kneeling Dumbbell Curl	3 Sets of 15 Reps
Renegade Rows	3 Sets of 12 Reps (24 Total)
Two Arm Seated Dumbbell Curl	3 Sets of 8 Reps
High to Low Plank	3 Sets of 10 Reps
Plank	3 Sets of 30 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



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# 4 Week Home Workout

## Week 4 - Day 2

Rest Time	1 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 Stiff Leg Deadlift	3 Sets of 12 Reps
Dumbbell Side Lunges	3 Sets of 12 Reps
Seated Dumbbell Press	3 Sets of 8 Reps
Seated Dumbbell Front Raises	3 Sets of 8 Reps
One Leg Dumbbell Calf Raise	3 Sets of 15 Reps
Dumbbell Side Raises	3 Sets of 12 Reps
Prayer Crunches	3 Sets of 12 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

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# 4 Week Home Workout

## Week 4 - Day 3

Rest Time	1 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 Lunge	3 Sets of 20 Reps
Dumbbell Lying Floor Press	3 Sets of 12 Reps
Wide Grip Pull Up	3 Sets of 8 Reps
Standing Hammer Curl	3 Sets of 8 Reps
Lying Dumbbell Extension	3 Sets of 8 Reps
Lying Floor Leg Raise	3 Sets of 8 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