



4-WEEK HOME WORKOUT

WEEK TWO



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 2 - 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 10 Reps
Floor Push-Ups	3 Sets of 10 Reps
One Arm Dumbbell Row	3 Sets of 10 Reps
Standing Dumbbell Curl	3 Sets of 10 Reps
Two Arm Standing Dumbbell Extension	3 Sets of 10 Reps
Plank	3 sets of 25 Second
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 2 - 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 Stiff Leg Deadlift	3 Sets of 10 Reps
Dumbbell Side Lunges	3 Sets of 10 Reps
Standing Dumbbell Press	3 Sets of 10 Reps
One Leg Dumbbell Calf Raise	3 Sets of 12 Reps
Dumbbell Side Raises	3 Sets of 10 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 2 - 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
Dumbbell Lunge	3 Sets of 10 Reps
Dumbbell Floor Press	3 Sets of 10 Reps
Cross Body Rows	3 Sets of 10 Reps
Standing Hammer Curl	3 Sets of 12 Reps
Lying Dumbbell Extension	3 Sets of 10 Reps
Side 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