



2-WEEK HOME WORKOUT GUIDE

Instructions: Complete each day twice over 2-weeks. Your goal for week 1 is 8-12 reps for 3 sets. For week 2, increase your reps by 1-2. Track your reps for week 1 and week 2 in the boxes for each day.

DAY 1



1. PULL-APARTS

SET 1:

WEEK 1	WEEK 2

 REPS

SET 2:

WEEK 1	WEEK 2

 REPS

SET 3:

WEEK 1	WEEK 2

 REPS

2. PALLOFF PRESS

SET 1:

WEEK 1	WEEK 2

 REPS

SET 2:

WEEK 1	WEEK 2

 REPS

SET 3:

WEEK 1	WEEK 2

 REPS



3. SINGLE ARM STANDING CHEST PRESS

SET 1:

WEEK 1	WEEK 2

 REPS

SET 2:

WEEK 1	WEEK 2

 REPS

SET 3:

WEEK 1	WEEK 2

 REPS

4. DEADBUGS

SET 1:

WEEK 1	WEEK 2

 REPS

SET 2:

WEEK 1	WEEK 2

 REPS

SET 3:

WEEK 1	WEEK 2

 REPS



5. FRONT SQUATS

SET 1:

WEEK 1	WEEK 2

 REPS

SET 2:

WEEK 1	WEEK 2

 REPS

SET 3:

WEEK 1	WEEK 2

 REPS

6. MONSTER WALKS

SET 1:

WEEK 1	WEEK 2

 REPS

SET 2:

WEEK 1	WEEK 2

 REPS

SET 3:

WEEK 1	WEEK 2

 REPS



Visit the link for step-by-step trainer coaching:

GOTIMETRaining.COM/HOME

DAY 2



1. ROMANIAN DEADLIFTS

SET 1:

WEEK 1	WEEK 2
<input type="text"/>	<input type="text"/>
REPS	

 SET 2:

WEEK 1	WEEK 2
<input type="text"/>	<input type="text"/>
REPS	

 SET 3:

WEEK 1	WEEK 2
<input type="text"/>	<input type="text"/>
REPS	

2. HIGH PLANK

SET 1:

WEEK 1	WEEK 2
<input type="text"/>	<input type="text"/>
REPS	

 SET 2:

WEEK 1	WEEK 2
<input type="text"/>	<input type="text"/>
REPS	

 SET 3:

WEEK 1	WEEK 2
<input type="text"/>	<input type="text"/>
REPS	



3. BICEP CURLS

SET 1:

WEEK 1	WEEK 2
<input type="text"/>	<input type="text"/>
REPS	

 SET 2:

WEEK 1	WEEK 2
<input type="text"/>	<input type="text"/>
REPS	

 SET 3:

WEEK 1	WEEK 2
<input type="text"/>	<input type="text"/>
REPS	

4. REVERSE LUNGE TO ROW

SET 1:

WEEK 1	WEEK 2
<input type="text"/>	<input type="text"/>
REPS	

 SET 2:

WEEK 1	WEEK 2
<input type="text"/>	<input type="text"/>
REPS	

 SET 3:

WEEK 1	WEEK 2
<input type="text"/>	<input type="text"/>
REPS	



5. TRICEP PULL-DOWNS

SET 1:

WEEK 1	WEEK 2
<input type="text"/>	<input type="text"/>
REPS	

 SET 2:

WEEK 1	WEEK 2
<input type="text"/>	<input type="text"/>
REPS	

 SET 3:

WEEK 1	WEEK 2
<input type="text"/>	<input type="text"/>
REPS	

6. CROSSBODY REACH

SET 1:

WEEK 1	WEEK 2
<input type="text"/>	<input type="text"/>
REPS	

 SET 2:

WEEK 1	WEEK 2
<input type="text"/>	<input type="text"/>
REPS	

 SET 3:

WEEK 1	WEEK 2
<input type="text"/>	<input type="text"/>
REPS	



Needing More Accountability to Get Your Workouts Restarted?

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